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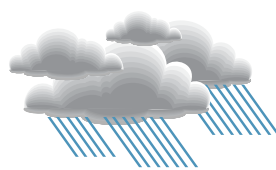


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The Ukiah

Mendocino County's
local newspaper

DAILY JOURNAL



Tomorrow: Cloudy,
some rain. H48, L33

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Liz Elmore, interim chief professional officer of the Boys and Girls Club gives a tour of the resources the Alex Rorabaugh Center has to offer the community's youth.

Still open

Rec center ready for use

Boys & Girls Club
not the center's
only activity

By ZACK SAMPSEL
The Daily Journal

Financial problems forced the Boys and Girls Club of Ukiah to temporarily close a week ago, but the doors to its home, The Alex Rorabaugh Center, are still open for the community to enjoy.

"The ARC is open and looks forward to growing community use of this wonderful community investment," said ARC Board President Marvin Trotter. "It's very disappointing that the Boys and Girls Club has suffered a temporary setback in offering positive youth programs at the center."

For almost a year, the ARC has been the home for the club, but they weren't the only group getting use out of the 10,000-square-foot building that includes conference rooms, offices, a kitchen, an art center and recreation areas. In addition to the Boys and Girls Club, the ARC has also been the home to other groups including the Mendocino County Sheriff's Office and Nuestra Casa, which used the building last year for an after-school program.

All of the rooms previously occupied by the club are available for long- or short-term use. According to Liz Elmore, the interim chief professional officer of the Boys and Girls Club, the ARC and the club are excited to work with the



Above, the conference room at the Alex Rorabaugh Center awaits visitors. This is one of the many rooms available for rent to the public. Below, the main room at the Alex Rorabaugh Center is filled with games such as foosball and pool. They also offer an art room, a teen-only room with computers and a new Wii gaming system.



community to make sure the building doesn't go unused. In addition to the pool tables and video games that comprise the gaming area, Elmore said there is also a computer lab with Internet access and an art room groups could use.

"This is a community-based thing. In fact, you probably know somebody who visits or would benefit from visiting. We just want this resource to remain available to the community. It's a hard thing not to cry about, but we have a desire to keep helping these kids," Elmore said as her voice cracked.

Within the short time of the club's closing, Elmore said she has continued to look for ways to continue offering programs to the local youth while keeping the energy flowing inside the ARC. Elmore said she hoped the Boys and Girls Club would be back open within the next four months, and with help from the community, Elmore said she feels optimistic.

"Throughout this I have learned that we live in an amazing community," Elmore said with a smile. "I was afraid the community would be upset with us, but the parents are in full support. It's exciting."

The ARC is located at 1640 S. State St., and is still open during the week. For more information about making a donation, or to use the rooms available, please contact Liz Elmore at 467-9400, or Richard Shoemaker at 462-8562.

Zack Sampsel can be reached at udjzs@pacific.net.

Body found in car by Caltrans

By BEN BROWN
The Daily Journal

One man died and a two others were injured in two separate traffic accidents within 24 hours this weekend.

At 12:30 a.m. Monday, a 25-year-old man was found dead in his car, 150-feet off of Highway 162 near the Rodeo Creek Bridge, said California Highway Patrol Officer Stefanie Barnwell.

The car was found by California Department of Transportation employees who were clearing the road. CHP officers rappelled down to the car and found the driver, who appeared to have died in the accident.

CHP is still investigating the accident, and trying to determine the driver's identification. Barnwell said he is believed to be local.

It is not known when the car went off the road or why, but Barnwell did say the weather in the area has been bad.

Snow was visible in the hills surrounding the Ukiah Valley Monday morning and there have been reports of up to four inches of snow at higher elevations in the county.

Cold weather and rain are expected to continue in the county through at least Thursday.

In another accident on Sunday afternoon, two men from Windsor suffered moderate and major injuries when their 1986 Suzuki Samurai plunged 150 feet off of Eel River Road.

According to CHP reports, Dustin Doeding, 26, of Windsor, was driving the Suzuki east on Eel River Road near Lake Pillsbury with passenger

See ACCIDENTS, Page 14

Employers evaluating ruling on pot

By BEN BROWN
The Daily Journal

The California Supreme Court ruled last week that employers can fire employees for using medical marijuana but so far, Mendocino County employers groups are reserving judgment.

In a 5-2 ruling Thursday, the court upheld the firing of Gary Ross by the Sacramento telecommunications company Ragingwire Inc., finding that no state could pass a law that would completely legalize marijuana because it remains illegal under federal law.

Bert Mosier, CEO of the Ukiah Chamber of Commerce, said the chamber was not making a comment on the suit.

"It's an employee, employer issue," he said.

Mosier said the issue of drug tests do come up at chamber meetings.

Debra Degraw, CEO of the Fort Bragg Chamber of Commerce her board has not had the opportunity to discuss the ruling.

Degraw said the issue of medical marijuana use among employees has not been discussed by chamber members.

"It hasn't come up," she said.

See RULING, Page 14

Judge to weigh plastic bag ban - suit sending message to Ukiah?

By KELLY RAYBURN
The Oakland Tribune

OAKLAND - Today a judge will consider whether the Oakland City Council adequately weighed the environmental impact of banning plastic bags today, with the city's bag ban hanging in the balance.

The city of Ukiah could have such a ban which Mendocino County's solid waste authorities are now considering.

The Bay Area legal battle pits a group of plastic bag makers and recyclers, called the Coalition to Support Plastic



Paper or
plastic?
Local issues
tackled elsewhere

Bag Recycling, against the city of Oakland, which followed San Francisco's lead last July in passing an ordinance banning plastic bags at retail stores that gross more than \$1 million a year.

The bag ban would have been implemented this month. But the group filed suit, saying the city should have prepared an environmental impact report before taking its vote.

Oakland Councilmember Nancy Nadel rejected the group's protestations.

"This is a delaying tactic and a threatening tactic to cities to keep them from ban-

ning plastic bags," said Nadel, who co-authored the Oakland ban with Councilmember Jean Quan.

Superior Court Judge Frank Roesch passed on the chance to offer a tentative ruling last week, instead asking both parties to appear in his court at 9 a.m. today. There is no definitive date on when a ruling will be delivered.

At the crux of the plastic bag coalition's argument is the claim that city officials did not properly weigh the "incidental adverse impacts" of their action - namely the negative effect of increased paper-bag

usage.

"The evidence overwhelmingly indicates that the bag ban will result in increased use of paper bags," said Wendy Bogdan, an attorney for the group challenging the city, "which will result in significantly greater adverse impact on the environment than currently occurs. We believe that plastic-bag recycling is the most environmentally responsible strategy."

Nadel said the group, by suing Oakland, is aiming to stop plastic bag bans in other cities that might be discouraged at the notion of having to

complete an EIR at the price of \$100,000 in taxpayer money.

In Oakland's case, Nadel said an EIR would be inconclusive anyway, because it would be impossible to predict whether shoppers would use paper bags or reusable bags if plastic were not an option.

Marisa Arrona, a policy aide in Nadel's office, said the office has been contacted by municipalities all around the country - cities in Hawaii, Arizona and Texas, among other places - about the pending legal decision. "We're basically taking on a fight that will affect cities across the nation," she said.

The world briefly

Pakistan and Afghanistan are emerging as bigger focus in US terrorism fight

WASHINGTON (AP) — In a shift with profound implications, the Bush administration is attempting to re-energize its terrorism-fighting war efforts in Afghanistan, the original target of a post-Sept. 11 offensive. The U.S. also is refocusing on Pakistan, where a regenerating al-Qaida is posing fresh threats.

There is growing recognition that the United States risks further setbacks, if not deepening conflict or even defeat, in Afghanistan, and that success in that country hinges on stopping Pakistan from descending into disorder.

Privately, some senior U.S. military commanders say Pakistan's tribal areas are at the center of the fight against Islamic extremism; more so than Iraq, or even Afghanistan. These areas border on eastern Afghanistan and provide haven for al-Qaida and Taliban fighters to regroup, rearm and reorganize.

This view may explain, at least in part, the administration's increasingly public expressions of concern.

At a Pentagon news conference last week, Defense Secretary Robert Gates said that while the U.S. respects the Pakistani government's right to decide what actions are needed to defeat extremists on its soil, there are reasons to worry that al-Qaida poses more than an internal threat to Pakistan.

Asian markets plunge on US recession fears; Shanghai index drops 7.2 percent

HONG KONG (AP) — Global market turmoil continued into a second week as Asian markets tumbled Monday in the wake of Wall Street's sell-off Friday amid persistent worries about a possible U.S. — and worldwide — economic slowdown.

China's benchmark index plummeted 7.2 percent to its lowest point in six months on concerns that a recession in the U.S. would mean less demand for Chinese-made products. Hong Kong's market sank 4.3 percent while India's Sensex dropped 3.5 percent in afternoon trading.

U.S. stock index futures also were down, suggesting that Wall Street was poised to drop again when markets open.

Investors around the world have been jittery for weeks about a U.S. slump, which would likely weaken demand for exports and drag on global growth. There is also concern about a worldwide credit crunch triggered by rising defaults in risky U.S. mortgages, which has led to mountains of bad assets at major American and European banks.

"There's a lot of uncertainty out there: uncertainty over the U.S. economy, uncertainty over China's economy," said Rob Hart, an analyst with Morgan Stanley in Hong Kong.

Believers mourn the death of Mormon church president Gordon B. Hinckley

SALT LAKE CITY (AP) — Utah's leaders and believers mourned the death of Gordon B. Hinckley, the humble head of the Mormon church who added millions of new members and labored long to burnish the faith's image as a world religion.

Hinckley, the 15th president of The Church of Jesus Christ of Latter-day Saints, died Sunday of complications arising from old age, church spokesman Mike Otterson said. He was 97.

"His leadership in humanitarian efforts around the world was matched only by his efforts in his own beloved state and community as a committed citizen," said Utah Gov. Jon Huntsman, a Mormon. "He has stood as a remarkable example of selflessness, charity and humility and he will be greatly missed by all."

By tradition, at a church president's death, the church's most senior apostle is ordained within days on a unanimous vote of the Council of the Twelve Apostles. The most long-serving apostle now is Thomas S. Monson, 80.

Hinckley, a grandson of Mormon pioneers, was president for nearly 13 years. He took over as president and prophet on March 12, 1995, and oversaw one of the greatest periods of expansion in church history. The number of temples worldwide more than doubled, from 49 to more than 120 and church membership grew from about 9 million to about 13 million.

Cold meds send 7,000 children to ERs

ATLANTA (AP) — Cough and cold medicines send about 7,000 children to hospital emergency rooms each year, the U.S. government said Monday in its first national estimate.

About two-thirds of the cases were children who took the medicines unsupervised. However, about one-quarter involved cases in which parents gave the proper dosage and an allergic reaction or some other problem developed, the study by the U.S. Centers for Disease Control and Prevention reported.

The study included both over-the-counter and prescription medicines. It comes less than two weeks after the U.S. Food and Drug Administration warned parents that over-the-counter cough and cold medicines are too dangerous for children younger than 2.

The study's findings about the proportion of properly dosed kids who end up in the ER is likely to contribute to ongoing FDA reviews, CDC officials said.

CDC researchers gathered case reports of children 11 and under who had taken cough and cold medications and wound up in 63 hospitals studied in 2004 and 2005. They used that number to come up with the national estimate.

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MARIAN JUNE MCGILL (BAKER)

Marian died peacefully, with her daughter Melodee, by her side, Friday morning, January 25, 2008.

Marian (Nan) was born on the first day of summer, June 21, 1935 in Sacramento California, to the late Earl S. Baker and Cordie A. Baker. She moved to the Ukiah area and dedicated over 15 years of

FUNERAL NOTICES

service to Hillside Hospital/Ukiah Valley Medical Center.

When daughter Linda passed away in 1995, she lovingly accepted the role of raising her grandson, Joe. Marian was a very dedicated grandmother and she and Joe were rarely seen apart. When it was time for Joe to be schooled at Nokomis, she worked as a foster grandparent for over four years and eventually became "Grandma Marian" to all. Marian, was devoted to enriching the lives of all the students in the classroom.

She was preceded in death by her husband, Joseph A. McGill, daughter Linda Jean McGill, and sister Adele Posehn.

She is survived by her daughter, Melodee Lucchetti, of Portland Oregon, dedicated grandson and caregiver Joe McGill of Ukiah,

Earl Baker of Washington, Sally Jeffrey of Rancho Murieta, granddaughter, Nicolette Rouse of Ukiah, grandson, Jedadiah Metheny of Redding, great grandchildren, Genevieve, Kaden & Connor Metheny all of Redding, 6 nieces and nephews and one grandniece.

She has touched many lives and will be greatly missed by all.

There will be a memorial gathering to celebrate Marian's life at 3:00 pm Wednesday, January 30th at 201 Tedford Ave., Ukiah, for family and friends.

REFUJO VARGAS "MAMA CUCA"

A Mass of the Christian Burial will be said for Refujio Vargas, on Tuesday, January 29, 2008 at 12 noon at St. Mary of the Angels Catholic Church. Recitation of the Rosary was held on Monday,

January 28, 2008 at 7pm at the Eversole Mortuary. Refujio passed away on Thursday, January 24, 2008.

Born February 10, 1921 in Montebello, California, Refujio, Mama Cuca as she was fondly known by her grand and great grandchildren, loved to cook, garden and have all her family together around her.

She is survived by her sons Jaime, Luis, Jesus, Rey, Javier and Manuel Vargas, daughters Petra Barajas, Amalia and Elvira Vargas and Maria Munoz, 58 grandchildren, 107 great grandchildren, 17 great great grandchildren, 1 brother, 1 sister and numerous nieces and nephews. She was preceded in death by her husband Esiquio Vargas and by her son Gilberto Vargas.

The Eversole Mortuary is in charge of arrangements.

DEATH NOTICE

• **Ramon Carrillo Nieto**, Sr., of Willits, died on Wednesday, Jan. 23, 2008, at the age of 67. There will be a funeral mass at St. Anthony of Padua Catholic Church, in Willits, at noon on Wednesday, Jan. 30. Visitation will be 3 to 8 p.m. Tuesday, Jan. 29, at the Anker-Lucier Mortuary Chapel, in Willits.

prepared by the Mendocino County Sheriff's Office:

BOOKED -- Kevin Leroy Exum, 48, of Fort Bragg, was booked into jail on suspicion of battery with bodily injury, criminal conspiracy, possession of a controlled substance and possession of paraphernalia by the Mendocino County Sheriff's Office at 7:18 a.m. Friday.

BOOKED -- Leonardo Lopez, 27, of Fort Bragg, was booked into jail on suspicion of inflicting corporal injury on a spouse by the Fort Bragg Police Department at 10:52 p.m. Saturday.

BOOKED -- Rogelio Lorenzi Zarate, 27, of Ukiah, was booked into jail on suspicion of obstructing or resisting an officer, battery and three counts of vandalism by the Mendocino County Sheriff's Office at 7:05 p.m. Sunday.

CHP REPORTS

The following were compiled from reports prepared by the California Highway Patrol:

ARREST -- Gabriel Cardullo, 24, of Westport, was arrested on suspicion of driving under the influence on

North State Street east of Highway 101 at 1:50 a.m. Saturday.

ARREST -- Acsel Bernal, 21, of Gualala, was arrested on suspicion of driving under the influence on State Route 1 at 1:25 a.m. Sunday.

ARREST -- Juan Antonio Reyes, 22, of Cloverdale, was arrested on suspicion of driving under the influence at the intersection of Orchard Avenue and Stella Drive at 2:14 a.m. Sunday.

ARREST -- Brandon Arvilla, 22, of Upper Lake, was arrested on suspicion of driving under the influence at the intersection of Perkins Street and Orchard Avenue at 2:37 a.m. Sunday.

ARREST -- Robert Gulays, 44, of Ukiah, was arrested on suspicion of driving under the influence at the intersection of South State Street and Whitmore Lane at 7:40 p.m. Sunday.

DA'S REPORTS

The following were compiled from reports prepared by the Mendocino County District Attorney's Office.

CHARGES DROPPED -- Charges of battery against

Gregory John Hancock were dropped because of insufficient evidence Tuesday, according to reports from the Mendocino County District Attorney's Office.

Those arrested by law enforcement officers are innocent until proven guilty. People reported as having been arrested may contact the Daily Journal once their case has been concluded so the results can be reported. Those who feel the information is in error should contact the appropriate agency. In the case of those arrested on suspicion of driving under the influence of an intoxicant: all DUI cases reported by law enforcement agencies are reported by the newspaper. The Daily Journal makes no exceptions.

POLICE REPORTS

The following were compiled from reports prepared by the Ukiah Police Department. To anonymously report crime information, call 463-6205.

ARREST -- Alexander Blunt Charles, 21, of Ukiah, was arrested on suspicion of driving under the influence in the 100 block of North Orchard Avenue at 1:53 a.m. Monday.

SHERIFF'S REPORTS

The following were compiled from reports

Rival Kenyan tribes face off

NAIVASHA, Kenya (AP) — Hundreds of people from rival tribes confronted one another on a main road in this western Kenya town Monday, hefting machetes, clubs and rocks and retreating only when a handful of police between them fired live bullets into the air.

Violence also broke out Monday in another western town, Kisumu, where similarly armed mobs set some houses ablaze. Gangs set buses ablaze at the main downtown bus station, and one driver was burned alive in his minibus, according to witness Lillian Ocho. A month of ethnic clashes roiling Kenya have claimed the lives of 800 people. The fighting began after President Mwai Kibaki's Dec. 27 re-election, which international and local observers say was rigged. About 255,000 people have been forced from their homes. The bloodshed has transformed this once-stable African country, pitting neighbors against one another and turning towns where tourists used to gather for luxury holidays into no-go zones.

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Striving for Imperfection

By Scott Marcus

The great diet debates

I am a political junkie. While others favor curling up with a good book or classic movie, my preferred evenings involve political analysts and pundits. Whereby most set their DVR to record episodes of "Prison Break" or "Lost," my equipment is programmed to follow each and every primary debate, from talking head to talking head. My wife sometimes doubts I have a life but I am confident that I shall resume a sense of normalcy in 2009, yearning for 2012.

However, since 2008 marks the first time since 1928 in which there is no incumbent running for his party's nomination in the primaries, I feel I am monitoring history and refuse to let go. (Point of note: 1952 was the last time neither the incumbent president nor VP ran in the general election, after President Truman bowed out following his loss in the New Hampshire primary and Vice President Alben Barkley sought, but failed to win, the Democratic nomination. Don't you feel intelligent knowing that?)

I enjoy taking note of those with whom I disagree -- when opinions are rationally discussed -- over listening to non-thinking robotoid clones who thoughtlessly parrot and engage in simplistic, vitriol and cliché; proclaiming with much bluster (but no substance), "My party is good; yours is bad." That demeans the process and insults us, the voters.

Although I long for those behaviors to vanish like the chads from the 2000 election, my desires seem to matter less and less as the political discourse seems to briskly be devolving into:

"You're a stupid face."

"Am not!"

"Are too!"

"Well you're a double super stupid face!"

Such lame and unsophisticated back and forth causes my mind to wander. When it does so, its initial stop is usually on eating. So, as the candidates lower their standards, my thoughts drift to, "Get something from the kitchen; there's nothing to miss. Besides one small bite won't hurt."

Being a devote of politics, an internal debate commences, "See, there you go again! If you pull out before your diet mission is completed, it will be worse than when you started."

"But, the plan isn't working; it's taking too long! At what point does one admit that it's impossible, take his losses -- or gains -- and get out?"

"Freedom from bad habits is hard work. See this through for the long haul. These are important times."

"Times have changed. Sticking with failed tactics is a fool's errand. Try something new; enlist new strategies. Don't repeat the errors of the past."

"Stay the course; complete the mission!"

"If you stop now, you'll be a quitter! You want it known that when times get tough, you cut pie and run?"

"It's poor planning that put me into this mess! If you would have thought out the obstacles involved in losing weight, we wouldn't be in this quagmire, would we?"

If I want to hear insults and name-calling, who needs a debate? I simply tune in to the thoughts bouncing around between my ears. The good news is it won't affect the price of oil, nor cause a recession.

About the author: Scott "Q" Marcus is a THINspirational speaker and columnist. Since losing 70 pounds over 13 years ago, he conducts speeches, workshops, and presentations throughout the country. He can be contacted at 442-6243 or scottq@THINspiration.com. Previous writings can be found at www.WeightLossColumn.com

CHCF and local health centers partner to prevent diabetic blindness

The Daily Journal

Alliance of Rural Community Health, a consortium of Mendocino County's six community health centers, is pleased to announce that they have accepted into an innovative California HealthCare Foundation project to prevent diabetes-related blindness. The project implements telemedicine software developed by the University of California Berkeley School of Optometry, specialty optometric consultation and digital retinal cameras to be used during regular office visits at Mendocino County's community health centers.

According to Cathy Frey, ARCH Executive Director, "Often, patients seeking specialty optometric care are forced to go out of the county to find the advanced diagnostic services supported by this project. Not only will this expand diabetic services close to home but, using these cameras, we believe our centers will have increased success in identifying individuals with the eye damage associated with pre-diabetes. This is a huge stride for the people seeking care at our health centers and, long term, for the overall health of our communities."

Diabetic retinopathy, a condition which results in hemorrhages and lesions in the eye, is the leading cause of blindness among working-age adults. Each year, 24,000 diabetics becoming legally blind in the United States. With regular screening to identify those most at risk, blindness can often be prevented. "Half of all patients with diabetes don't get recommended yearly eye exams," said Jorge Cuadros, O.D., Ph.D., clinical professor of optometry at UC Berkeley. "The statistic is even worse in poor and rural communities."

Cuadros heads the project, which uses EyePACS, a license-free Web-based software program for capturing and delivering retinal images.



The project provides special digital retinal cameras to be used during regular primary care visits at the clinics. The high-resolution retinal photos are transmitted to optometrists and ophthalmologists at UC Berkeley for interpretation, diagnosis, and possible referral to specialists for further treatment.

CHCF funding links local community health centers with the University of California, Berkeley Optometric Eye Center: CHCF funds will purchase a retinal camera that is the crucial technological support for the program, and UCBOEC will configure the diabetic vision

screening software and assist with training health center staff.

This program will significantly expand access to timely vision screening to approximately 1,000 Mendocino County residents. Local community health centers participating in the project include, Anderson Valley Health Center, Boonville, Long Valley Health Center, Laytonville, Mendocino Coast Clinics, Fort Bragg, Mendocino Community Health Clinic, Ukiah, Willits and Lakeport, Potter Valley Community Health Center, Potter Valley, and Redwood Coast Medical Services, Gualala and Point Arena.

The California HealthCare

Foundation is an independent philanthropic organization committed to improving the way health care is delivered and financed in California. By promoting innovations in care and broader access to information, CHCF ensures that all Californians can get the care they need, when they need it, at a price they can afford. ARCH is a local nonprofit whose mission is to improve the health of our communities by strengthening and supporting the efforts of our members to provide access to quality health care for all. This project is one of numerous collaborations between ARCH and CHCF to improve local health care.

HEALTH BRIEFS

Flu vaccine available

The Mendocino County Public Health Department has flu vaccine available for persons 19 years and older. A donation of \$5 per shot is suggested.

Pediatric flu vaccine is also available for children six months through 18 years of age. Contact the local health department to make an appointment. For more information, or to make appointments, call the local health department at 472-2600, for Ukiah; 456-3800, for Willits; or 964-4713, for Fort Bragg.

Weight loss surgeon to speak in Ukiah on Feb. 1

Dr. Ara Keshisian, GR-DS Gastric Reduction Duodenal Switch surgeon will speak to members of the community and pre-op or post op patients on Friday, Feb. 1 at 6 p.m., Bartlett Hall, Ukiah Senior Center, 499 Leslie St.

Keshisian and his associate surgeons have performed the weight loss surgery on hundreds of patients, with over 100 in the Ukiah Valley alone. DS surgery is the main topic, and will include information on the new, abbreviated surgery for diabetes patients that is not related to weight, but to the disease and the relief of its symptoms.

This procedure should not be confused with "gastric bypass surgery" or "lap band" surgery, as the DS procedure is not a food reduction surgery but instead changes the way the body absorbs food and fat. The meeting is part of a support group which meets monthly. The surgeon encourages those who have had other types of weight loss surgery and investigators of both to attend.

For further information on this surgery, contact Dr. Ara Keshisian 800- 816-6647. For more information on the meeting or general questions, call Kathy Davidson at 888-263-2005 (Lakeport), 468-8763 or e-mail her at kathlyn@pacific.net.

Positive Parenting: 'Ouch -- That hurts!' set for Feb. 5

Does your child fight with other children? Does your child hit, kick, bite or pull other children's hair? This free presentation will give tips on how

to teach children how to share, take turns, and play well with others. This presentation will be given by Clare Friedlander, LCSW. The presentation will be held on Feb. 5 from 6:30 to 7:30 p.m. at Ukiah Valley Primary Care's new building at 260 Hospital Drive -- upstairs, in the Southeast corner. Childcare is not provided. For more information, call Raise and Shine at 462-1233.

'Create Your Life' to be topic of free series previewed on Feb. 9

Carol Goldberg coaches people on how to live life to the fullest. Those interested in attending Carol Goldberg's 8 & 9 week coaching classes, are invited to an sneak preview session sponsored by the Ukiah Senior Center as part of their Health Series on Saturday, Feb. 9, at Bartlett Hall, 499 Leslie St., from 1 to 3 p.m. The class is free to the public ages 18 and up.

Goldberg teaches her students how to change their thinking, explore a deeper understanding of self, and to discover what their spirit is searching for.

Those health professionals interested in speaking to the community in this informal setting can contact Betty McGlade at 467-0960.

HEALTH CALENDAR

ALANON: Family and friends of alcoholics; 5:30 p.m. on Mondays, noon on Tuesdays, noon on Fridays and 10:30 on Saturdays; Calvary Baptist Church, 465 Luce Ave.; 463-1867 or 621-2721.

Alateen: Meets Thursdays 8 to 9 p.m.; Calvary Baptist Church, 465 Luce Ave., enter at east side back door; 463-1867 or 621-2721.

Alcoholics Anonymous: Daily; call 462-7123, www.aaukiah.org.

Breastfeeding Support Group: meets second Wednesday from 10:30 a.m. to noon and fourth Wednesday from 10:30 a.m. to noon; Mendocino County Public Health -- WIC office, 1120 S. Dora; Tess O'Connell, 472-2739.

Celebrate Recovery: Christ-centered 12-step recovery; Fridays at Trinity Baptist Church Hall, South Dora Street and Luce Ave, 6 p.m. fellowship dinner; 7 p.m. teaching/testimony; 8 p.m. men and women's small group sharing; 9 p.m. dessert/solid rock cafe. Babysitting provided. For more information call 462-6535.

Childbirth classes: Learn about nutrition during pregnancy, preparing for childbirth, breastfeeding and infant safety. Thursdays, 6 to 8 p.m., 333 Laws Ave., in Ukiah, 472-4603.

Community Healing Clinic: 20- to 30-minute sessions on a walk-in basis with a variety of health practitioners; Second Tuesday of each month, 5:30 to 7:30 p.m.; Full Circle Wellness Resource Center, 530 S. Main St. in Ukiah; 463-0777; www.fullcirclewellness.org.

Council on Domestic Violence: First Wednesday, 1:30 to 3 p.m., Public Health Department, 1120 S. Dora St., Conference Room 198, in Ukiah except for May and October, which will be held at 10-Mile Court, 700 S. Franklin St. in Fort Bragg, 472-2699.

La Leche League: Breastfeeding group; meets second Tuesday, various times; Nursery Room at

Presbyterian Church, corner of S. Dora and W. Perkins; Margaret Turano, 468-9587.

Look Good Fell Better: Classes are from 10 a.m. to noon on the second Monday of each month. This program pairs women with licensed cosmetologists to eliminate the appearance related side effects of cancer treatment. This is a free class offered by the American Cancer Society at 115 E. Smith St. in Ukiah. For more information, call 462-7642 ext. 3.

Low Vision Support Group: 10 to 11:30 a.m.; Fourth Monday; at Henny Penny Resterant, 687 S. Orchard Ave., Ukiah; open to local seniors; call 523-3222.

NAMI: (National Alliance for the Mentally Ill Family Support Group) first and third Wednesdays, 6:30 p.m.; call 972-9040, 485-8033, or 467-9116 for location and information. Nami is an organization dedicated to improving the lives of people with brain disorders by providing mutual support, education and advocacy.

Multiple Sclerosis Self-help Group: People with multiple sclerosis can take one more step toward ending effects of MS at the Ukiah group; sponsored by the National MS Society; 7 p.m.; second Tuesday.

Men's Cancer Support Group: Group on summer hiatus, call for one-on-one with staff. A supportive place to share your cancer experience; second and fourth Wednesdays of each month; 6 to 7:30 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

Narcotics Anonymous: Meetings throughout county; 485-9110.

New Life Workshop: Do you need help managing your weight? Noon to 1 p.m. Thursdays; Salvation Army, 714 A S. State St., Ukiah; 468-9577.

Overeaters Anonymous: Mondays at 5:30 p.m.; Saturdays at 11 a.m.; 741 S. Oak St.; 472-4747.

Sweet Success: The California Diabetes and Pregnancy Program; support for special pregnancies in which women have diabetes; planning pregnancy or are pregnant, need extra support; 463-7527.

Tantalizing Tuesdays: Series of health related

evening discussions; First and third Tuesdays; Full Circle Wellness Resource Center, 530 S. Main St. in Ukiah; from 6:30 to 8:30 p.m.; 463-0777; www.fullcirclewellness.org.

T.O.P.S.: (Take off pounds sensibly): Meets from 9:15 to 10:30 a.m., every Tuesday, at Calvary Baptist Church, 465 Luce Ave; Carolyn Madole, 463-0261.

T.O.P.S.: Low-cost, non-profit group meets every Tuesday at Autumn Leaves, 425 E. Gobbi St., in the community room. Weigh-in is from 5:30 to 6:15 p.m. Meeting is from 6:15 p.m. to 7:15 p.m.; Linda MacDonald, 467-2391.

T.O.P.S.: Every Thursday at Washington Mutual Building community room, 700 S. State St.; meeting is from 8:30 to 10:30 a.m.; it is a low-cost, weight-reduction support group; call 462-4901 or 485-7801.

T.O.P.S.: Every Friday at the Meadows Mobile Court clubhouse, 8686 East Road, Redwood Valley; weigh-in is from 9:30 to 11 a.m.; meeting is from 9:30 to 10:30 a.m.; call 485-8260 or 485-1238.

Ukiah Community Center Crisis Line: Need help? Call 463-help (4357) or 1 (800) 575-help (4357).

Ukiah Diabetes Education: The Diabetes Education Group; 7 p.m.; second Monday; 463-7698.

Ukiah Valley Blood Center/Blood Centers of the Pacific: Mondays, 9 a.m. to 4:30 p.m.; Tuesdays, 10 a.m. to 5 p.m.; Thursdays, 11 a.m. to 6 p.m.; 620 Kings Ct., Suite 110; make appointment, donate, schedule blood drive at workplace; 1 (888) 393-GIVE.

Weight-loss Surgery Support Group: Free, open to the public, Gastric Reduction Duodenal Switch (GRDS) support and information group; 1st Friday; 6 to 8 p.m.; Bartlett Hall, Ukiah Senior Center, 499 Leslie Street, Ukiah; 468-8763 or email kathlyn@pacific.net.

Women's Cancer Support Group: A supportive place to share your cancer experience; first and third Tuesday of each month; noon to 1 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

Letters from our readers

Not too late

To the Editor:
Last year, when the Federal Energy Regulatory Commission ordered P.G.&E. to cut the flow of water from the Eel River to the Russian River by 30 percent, did our county supervisors protest this cut to the federal government, or to the governor of the state of California? Did our congressman, Mike Thompson, jump in and say this is not right? Did anyone stand up and shout for the rights of the farmers, the people of Mendocino county for the preservation of the fish and the wildlife that all depend on the water from the Russian River and for that matter, the people and animals in Sonoma County also.

The people of Mendocino and Sonoma counties should be suing the F.E.R.C. If a movement gets started, put my name at the top of the list. Now, if there have been protests from any of these people I missed, I apologize. There have been too many mistakes already, let's not add to them.

John Pinches' idea (at least he is thinking), but I can't see where this will fly. He wants to build a pipeline from up around Garberville and pipe the water down here. And where will that water come from? "The Eel River."

What makes him think that the F.E.R.C. will allow us to take water from the Eel River in one place, and not in another? I am going to throw out an idea -- maybe it's good and maybe it's not -- it is an idea nonetheless.

P.G.&E. has been trying to sell the Van Arsdale Dam for quite a while. So, if Mendocino County applied for a grant and bought the Van Arsdale Dam, and then sued the F.E.R.C. to return our water flow to what it was. I say our water, because that water has flowed from the Eel to the Russian River for almost 100 years, so it should be our water by public domain.

Then we could get back to where we were two years ago, then looking ahead, we could raise the dam at Lake Mendocino to a height that would cover our needs and go beyond that, so we could have water to sell to Sonoma County, and we would have revenue coming in from the power plant at Van Arsdale and the sale of the water. This is what should have been done when Lake Mendocino was on the drawing board.

It's not too late. Think about it.

**Tiny Harris
Ukiah**

Not happy

To the Editor:
The basic concepts in journalism have, in the past, been the five W's: Who, What, Where, When and Why. The editorial staff at the Ukiah Daily Journal have changed these tenets to the four H's: Homeless, Homosexuals, Handouts, and Huggers (as in tree!)

Come on, K.C., get off your left wing, liberal horse and start reporting the news, display your hidden agendas on the editorial page and have enough fortitude to reveal your opinions and propaganda without disguising them as news stories. Until this happens, my cancellation, effective this month, of your liberal, left wing, biased newspaper will stand. I also might add that I am a voice of many in this county so advertisers take heed, there is a swell of discontent and you could get painted with the same brush.

**Byrl Evans
Ukiah**

Thank you

To the Editor:
To the Greater Ukiah Chamber of Commerce:

Recently, I sent an e-mail to you requesting information about the Ukiah area. My husband and I are planning our next vacation and we were considering Ukiah or Sonoma. We also wrote to the Chamber of Commerce in Sonoma requesting informa-

In our opinion
She's still our No. 1

Congratulations to Melissa Chaty, Ukiah's own Miss California, who made the Top 8 in the Miss America pageant this weekend.

Miss Michigan, Kirsten Haglund, won the crown, and we know she'll make a wonderful Miss America despite our disappointment for Ms. Chaty.

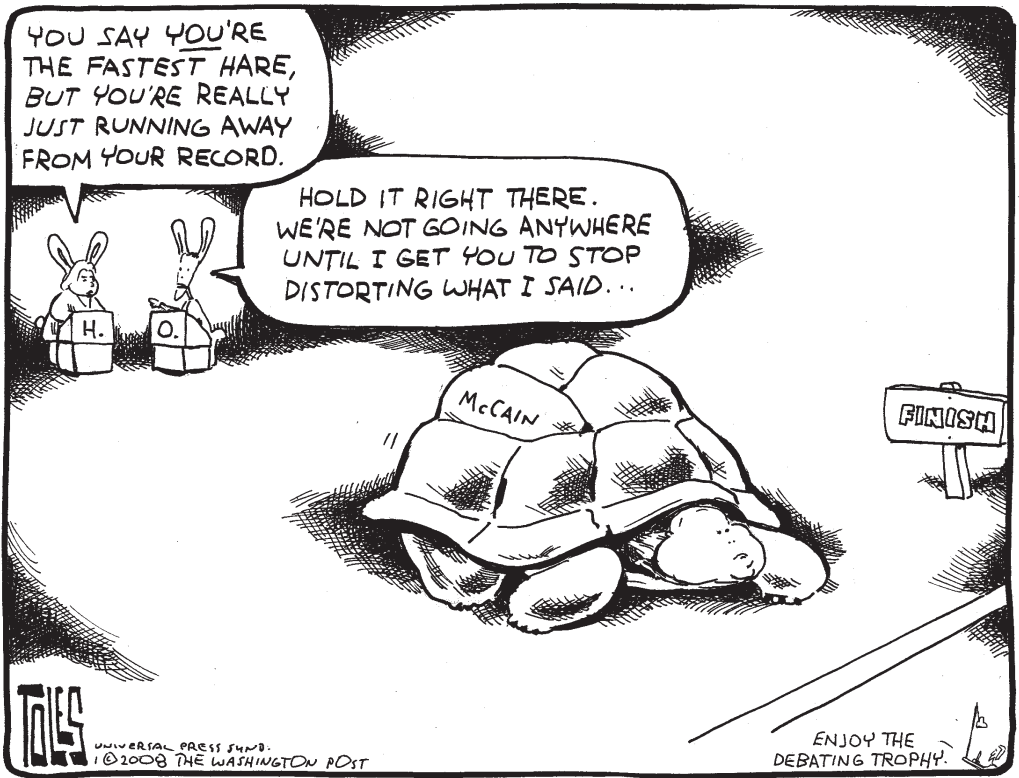
It was a long road for Ms. Chaty to Las Vegas this month. Years of pageants, including crowns for Miss Teenage California, Miss Mendocino County, Miss Greater Ventura County and Miss North Coast to get her to the Miss California title and the big

event.

Ms. Chaty said it was a emotional time, realizing that after years of having her eyes on this prize, the time had come and this would be the last pageant, the last chance to become Miss America.

Making the Top 8 of course is a huge achievement and we know that the experience alone has given Ms. Chaty plenty of wonderful memories and stories to tell her grandchildren.

And, along the way, she made this small town very proud.



tion.

From your office, we received, promptly, a marvelous packet of information. It included maps, places to stay, things to do, places to visit, etc. etc. It was an A-plus packet. From Sonoma, we received a belated e-mail telling us to send them money and they would send us a brochure. Guess where we plan to take our vacation.

If I were asked to evaluate your Chamber of Commerce, I would give it and your staff the very highest rating. The people in Ukiah are very fortunate to have you.

We appreciate the package so much. Thank you.

**Beverly Deen
Lincoln**

Legalize marijuana

To the Editor:
There is a Latin phrase that I like to use -- Qui bono, or "who benefits."

Think about who continues to benefit from making marijuana cultivation illegal. Those who are making a healthy profit from it. They want it kept illegal in order to continue making those large profits from its sale. If marijuana were made legal, then those huge profits dry up. Now myself, I do not condone the use of any drugs including tobacco or alcohol. This is a personal choice. As it is a personal choice I have no right to tell anyone else what their own personal choices are unless they interfere in my life.

We already have laws in effect that limit where and when a person can use tobacco and alcohol. Why not do the same with marijuana? It is a personal choice, is it not? Our prison system is over crowded as it is with non violent offenders i.e. marijuana offenders, etc. Why not get rid of this religious led attack on personal choice and let adults make an informed choice about the

use of marijuana? Laws already protect our children from unlawful use of alcohol and tobacco, why not use these same laws to marijuana use as well.

There are also needless laws that attempt to regulate personal behavior that the religious right want to cram down our throats. Again the basic premise of this letter is the ones who benefit most from keeping marijuana illegal are those who profit most from its sale.

**John Pearson
Ukiah**

Thank you

To the Editor:
I would like to give a belated thank you to all the city and PG&E workers who did an outstanding job during our last storm. Great job! I've lived in Talmage for over 10 years and the power has only gone out a few times. Again, a big thank you to all.

**Chuck Savage
Ukiah**

Not the driver's fault

To the Editor:
On Jan. 20, my beloved dog Twitchy was killed by a car on South State Street. I would like to say that I am sorry to the driver of that car. You did not have any control of the situation. I did not get to meet you, or tell you how sorry I am that this happened. Everyone who knew and loved Twitchy tried very hard to keep her from running outside, but she was born to run, and unfortunately on that fateful Sunday, she ran to her death. She was a beautiful Jack Russell terrier, a very sweet and loving dog. She was only 15 months old. She was my best friend and will be forever missed.

**Janette Wright
Ukiah**

WHERE TO WRITE

www.house.gov/write rep

President George Bush: The White House, 1600 Pennsylvania Ave., Washington, D.C. 20500; (202) 456-1111, FAX (202)456-2461.

Governor Arnold Schwarzenegger: State Capitol, Sacramento, 95814. (916) 445-2841; FAX (916)445-4633

Sen. Barbara Boxer: 112 Hart Senate Office Bldg., Washington, D.C. 20510; (202)224-3553; San Francisco, (415) 403-0100 FAX (415) 956-6701

Sen. Dianne Feinstein: 331 Hart Senate Office Bldg., Washington, D.C. 20510. (202)224-3841 FAX (202) 228-3954; San Francisco (415) 393-0707; senator@feinstein.senate.gov

Congressman Mike Thompson: 1st District, 231 Cannon Office Bldg, Washington, D.C. 20515. (202) 225-3311; FAX (202)225-4335. Fort Bragg district office, 430 N. Franklin St., PO Box 2208, Fort Bragg 95437; 962-0933,FAX 962-0934;

Assemblywoman Patty Berg: State Assembly District 1, Capitol, Rm. 4146, Sacramento, 95814. (916) 319-2001; Berg's Ukiah field representative is Ruth Valenzuela. Ukiah office located at 311 N. State St, Ukiah, 95482, 463-5770. The office's fax number is 463-5773. For email go to web site: assembly.ca.gov/Berg

Senator Pat Wiggins: State Senate District 2, Capitol Building, Room 5100, Sacramento, 95814. (916) 445-3375 Email: senator.wiggins@sen.ca.gov. In Ukiah: Kathy Kelley at 200 S. School St, 468-8914, email: kathy.kelley@sen.ca.gov

Mendocino County Supervisors: Michael Delbar, 1st District; Jim Wattenburger, 2nd District; John Pinches, 3rd District; Kendall Smith, 4th District; David Colfax, 5th District. All can be reached by writing to 501 Low Gap Road, Room 1090, Ukiah, 95482, 463-4221, FAX 463-4245. bos@co.mendocino.ca.us

From the desk of



RUBEN NAVARRETTE JR.

The 'Me's' have it

Worried that Americans are on the brink of a recession -- or perhaps already in the middle of one -- the Bush administration and the House of Representatives have reached tentative agreement on an economic stimulus package.

Glad to hear it. A stimulus may not work exactly as expected, but it's worth a try. Americans are overtaxed as it is, and anything that gets more of their tax dollars back into their hands is a good thing. And if they spend what they get, it'll be good for the economy.

There's just one thing. You hear about how voters are angry and holding Congress' feet to the fire until they get some sort of relief. But let's not get so caught up in asking what government can do for us that we forget what we can do for ourselves.

The No. 1 economic threat facing the United States today isn't globalization, stagnant wages, unfair trade policy or illegal immigration. And it certainly isn't what one cable TV demagogue glibly calls a "war on the middle class" by big media, big corporations and big special interests.

Rather, it's the sense of entitlement that many Americans take with them into the workplace and the eagerness with which they shift the blame when things don't go according to plan.

The key is to never to take responsibility for the personal decisions you've made. Eventually, some opportunistic politician will come along and confirm what you've always suspected -- that you are at the mercy of forces beyond your control.

It wasn't always this way. Fifty years ago, Americans were a heartier bunch. They'd grown up in the Depression and defeated Nazi Germany and the other Axis powers during World War II, and they found honor in doing any kind of work. If they didn't earn enough money doing it, they took on another job, or another one after that. Most of all, they took pride in the idea that -- in this country -- our destiny is in our own hands.

Today, according to a survey of workers in their 20s and 30s, young Americans expect their jobs to provide not only a nice salary but also plenty of vacation time to enjoy it. And from research done by Jean Twenge, a professor of psychology at San Diego State University, we know that many members of "Generation Me" walk into job interviews brimming with self-esteem and expecting to be put on a path to a corporate vice presidency.

Is that all? And what if they don't get everything that they think they're entitled to?

That's when the blame comes in. Americans like to blame illegal immigrants for keeping wages low, or workers from India or China for taking high-skilled jobs. In either case, instead of accepting the challenge and trying to beat the competition, too many American workers will call out for protection. And again, some shameless politician will offer it.

Speaking of shameless politicians, what was Mitt Romney thinking when he told Michigan voters that all those lost jobs in the U.S. auto industry might just come back?

Sure, and Ford might start making Edsels again.

It took John McCain to dish out some straight talk and tell Michigan voters what they need to hear -- that these jobs are gone because the world is changing and they have to change with it.

That was awfully brave. But McCain could have gone further. He could have explained that organized labor helped bring about this displacement by pricing autoworkers out of the market. He could have pointed out that many workers went along for the ride because they felt entitled to the same standard of living that their parents enjoyed but didn't want to get the extra schooling or training to achieve it. He could have said that the situation is complicated by the fact that there will always be those who won't move away from their hometowns -- even when the towns are on life support. And, finally, he could have reminded voters that they can't always blame their problems on others and that, sooner or later, they have to grow up and take control of their lives and their destiny.

As part of a stimulus package, the government wants to send out tax rebates to jump-start the economy. That's all well and good. But what some Americans really need isn't a check they take to the bank. It's a lecture they take to heart.

Ruben Navarrette's e-mail address is ruben.navarrette(at)uniontrib.com. (c) 2008, The San Diego Union-Tribune

Ruben Navarrette Jr. is a columnist and editorial board member of The San Diego Union-Tribune.



**The Ukiah
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ON EDITORIALS

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Visit our web site at ukiahdailyjournal.com

email us at udj@pacific.net

Building quality hospital care

Not a bright morning when you're still tired

When people are admitted to a hospital, they expect their health to improve -- and they should! But how can a hospital be sure it's done everything it can?

During the past 10 years, a revolutionary new approach to health care has grown out of good, old fashioned common sense.

Hospitals are now measured on providing quality medicine that is based on practices that research has proven effective and standard procedures that include double-checks to prevent human errors.

Two reports published by the Institute of Medicine focused America's attention on patient safety, a vital piece of quality care. "To Err is Human: Building a Safer Health System" (1999) and "Crossing the Quality Chasm: A New Health System for the 21st Century" (2001) were articles that highlighted preventable medical errors and recommended restructuring the whole health care system.

Many hospitals, including Ukiah Valley Medical Center, have created Quality/Patient Safety Councils to address these issues.

The groups are generally comprised of physicians, nurses, case managers, and supported by hospital administrators. The focus of the groups is pro-active rather than reactive, and they address standard procedures, so care is consistent for every patient every time.

Given the prescriptive nature of the legal statutes, care should be consistent not only from doctor to doctor but from hospital to hospital.

As an example of the type of changes happening, I'll use "SCIP," the Surgical Care Improvement Program. SCIP was developed based on rec-



Local Health
By Terry Burns

ommendations from the Institute for Healthcare Improvement, and SCIP recommendations are now part of surgical quality standards for hospitals nationwide.

SCIP recommends that patients undergoing certain surgical procedures receive prophylactic, or preventative, antibiotics (medication to reduce infection) within one hour of the start of the procedure. Then, those antibiotics must be stopped within twenty-four hours after the start of the procedure (unless there are signs of infection). Research shows that patients who receive antibiotics in this manner have fewer infections related to surgery.

Another SCIP recommendation is clipping rather than shaving hair. When a person's scalp needs to be cleared to expose the surgical site, it has been shown to be safer to trim the hair rather than shave it. When hair is shaved, skin can be nicked and those small wounds can lead to infection. Also, ingrown hairs are more likely with shaving rather than clipping.

The most important SCIP recommendation is the "time out," when nurses and doctors stop before beginning a surgical procedure, and dur-

ing that pause they do the following: verify the identity of the patient, confirm that they are about to perform the planned procedure, and assure that the surgical site is correct. While it might be surprising to those outside a hospital setting, patients tend to look very much alike when they are prepared for surgery.

It is important to verify that the patient is, in fact, the one who is supposed to receive the procedure. As for which procedure, during a busy day cases could be confused if staff didn't double check the signed operative consent form that states the planned procedure.

Finally, being sure the correct patient receives the correct procedure isn't terribly helpful, if the procedure is done in the wrong place (left side instead of right, for example). By double-checking immediately before the incision, patients are sure to receive the treatment they need.

As a side note, you may have heard that many hospitals throughout the nation are struggling to with a shortage of trained nurses (especially in California). Without enough nurses, it's difficult to keep patients safe. Local hospitals are lucky to have Mendocino College's Registered Nursing Program to provide a vital supply of well-trained nurses. Thanks to the Mendo College for that great program! I will share in an upcoming column more information about the wonderful profession of nursing.

DEAR DR. GOTT: In recent years, I have been experiencing quite severe fatigue in the morning. It happens almost every day shortly after showering. I have occasionally thought it may be the shower water is too warm, but I don't take hot showers. During the warmer months, I take lukewarm to cool showers. Still, shortly afterward, I am overcome with the same almost overwhelming fatigue, to the degree that I feel I could lie down and sleep for several hours.

I'm 61 years old, retired six years and in fairly good health. My blood pressure is very good, usually in the 120 to 135 over 70 to 80 range. I have no heart problems whatsoever. I've never had any problems with my internal organs, no cancers and no allergies (except to horse dander, so we don't have one). I have a mild hiatal hernia and take medication for it. I have prostatitis that comes and goes. I take Ditropan when it acts up. I seem to be immune to colds and the flu. It has been about five years since my last cold. I am a light smoker. It makes me slightly drowsy, so I smoke only when I want to nap and before bedtime. I drink two glasses of wine a day. I am 5 feet 9 inches tall and weigh 160 pounds. I am not a diabetic. I am an above-knee amputee.

My cholesterol is normal. My wife and I eat a healthful diet of lean meats and lots of vegetables. We have fish two to three times per week on average, year 'round. Being Atlantic Canadians, we love fish. We don't go to fast-food places and don't eat or keep junk food in our house.

As for symptoms of my fatigue, I generally get a good night's sleep. At times, I do have a problem falling asleep, but not very often.

My family doctor thought my fatigue could be due to sleep apnea, and I wore a monitor for one night. It was negative. Because my general health is probably better



ASK DR. GOTT
By Peter H. Gott, MD

than the average senior citizen he sees daily, he didn't seem too concerned or suggest anything further.

This daily fatigue usually lasts about an hour; however, some days it can last several hours. It doesn't seem normal to me. I'm becoming more and more concerned that something is amiss. What should I do?

DEAR READER: Periods of unexplained exhaustion can be caused by many illnesses, so before advising you regarding invasive studies, I suggest that you have a thorough exam by your doctor, followed by a full panel of blood tests, including a complete blood count, metabolic profile, thyroid study and cardiogram. This is a good first step and sets up a basic start point for future tests.

To give you related information, I am sending you a copy of my Health Report "Sleep/Wake Disorders." Other readers who would like a copy should send a self-addressed No. 10 stamped envelope and \$2 to Newsletter, PO Box 167, Wickliffe, OH 44092. Be sure to mention the title.

Doctor Gott is a retired physician and the author of the book "Dr. Gott's No Flour, No Sugar Diet," available at most chain and independent bookstores, and the recently published "Dr. Gott's No Flour, No Sugar Cookbook." If readers would like to contact Dr. Gott, they may write him at Dr. Gott c/o United Media, 200 Madison Ave., 4th fl., New York, NY 10016.

HEALTH BRIEFS

Ukiah Valley Medical Center sponsored support group set for fourth Thursdays

Ukiah Valley Medical Center is now sponsoring a new health support group for those interested in weight loss surgery. The group is open to patients, potential patients, and their friends and family. Meetings are held on the fourth Thursdays of every month, unless it's a holiday -- then it's held on the third Thursday. The group will meet in the UVMC Outpatient Pavilion Lobby from 6 to 7 p.m.


For more information, call Debbie Parker, RN, at Dr. Ziad Hanna's office at 463.8126, or e-mail parkerd1@ah.org.

Better Breathers Club to meet in Ukiah on third Wednesdays

The American Lung Association invites persons who have been diagnosed with emphysema, chronic bronchitis, have breathing difficulties, are looking for more information on chronic lung disease, or are looking for support on how to live better with lung disease to join their Better Breathers Club program, on the third Wednesday of each month. The meetings take place in conference room 161 at the Public Health Department, 1120 S. Dora St., 1:30 to 2:30 p.m.

For more information, or to speak to a respiratory therapist, call 1-800-LUNG-USA, or visit the Web site <http://www.lungusa.org>.

Karen Crabtree, MD, OB/GYN, BOARD CERTIFIED



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LOCAL
CALENDAR

This week:

- Today, UHS girls basketball @ Piner, freshmen at 4:30 p.m., jv 6 and varsity 7:30
- Wed., UHS boys basketball @ Piner, freshmen at 4:30 p.m., jv 6 and varsity 7:30
- Wed., Mendocino mens basketball @ Alameda, 7 p.m.
- Wed., Mendocino womens basketball @ Napa Valley, 7:30 p.m.

COMMUNITY
DIGEST

Mendo-Lake Spikers
Serve-A-Thon

The Mendo-Lake Spikers Volleyball Club invites members of the community to support the area's girls, ages 10-18, in our annual Serve-A-Thon on Jan. 28th. Players are seeking pledges to raise money for the upcoming AAU club volleyball season. Pledges may be given per successful serve (out of 20 attempts) or simply for a flat donation. Any person or business interested in sponsoring a player or making a donation to our program may contact Ori Polkinghorne at opolky@hotmail.com or 463-0451. Mendo-Lake Spikers VBC is in its 4th year of existence, providing area girls with the opportunity to learn, train, and compete in the great game of volleyball.

BAM Wrestling

BAM Wrestling Club has begun practice. Practice is on Tuesdays and Thursdays from 6-8 p.m. in the wrestling room at Ukiah High School. Sign-ups continue through the month of Jan. each night at practice. The cost is \$50 per wrestler or \$40 each for sibling.

UHS Boosters Meeting

The UHS Boosters Meeting will be held Monday, Jan. 28th at 5:30 p.m. in the Career Center, building A. If you would like to help with the Fall 2008 Fundraiser, please attend the meeting. Discussion will consist mainly of organizing and strategizing. All parents and community members welcome. Contact Deni Lee at 468-3736 for further information.

2008 Girls Youth
Softball League

Registration for the 2008 girls youth softball league is now open at the City of Ukiah. Participants may register individually and will be placed on teams according to their grade level. The following divisions will be utilized: K-2 in tee-ball, grades 3-4 in pitching machine, and grades 5-6 and 7-12 will be placed together. League play begins in early April and will run through early June. Cost is \$50 per player and the deadline is March 7, 2008. Forms are available at the City of Ukiah office (411 West Clay) and online at www.cityofukiah.com. For more info call 463-6714.

Girls 6-on-6
Soccer League

Registration for the 2008 girls 6-on-6 youth soccer league is currently open and running through March 28th. Teams will consist of girls ages 13 through 19. The registration fee is \$200 per team while player fees of \$20 will be collected at the first games with team rosters. Teams will be scheduled for 12 games (6 double-headers) on Sundays from late April through early June. For questions regarding the league or to register your team, please contact 463-6714.

Hall of Fame
dinner and induction

Mendocino College Athletic Hall of Fame is hosting its annual induction and dinner on Feb. 16 2008 at Barra of Mendocino (formerly Redwood Valley Cellars), 7501 North State Street, Redwood Valley. The inductees are: Jeff Schueller, Matt Belfanti, Desiree Schroeder, Yancy Clark, Dale Fischer, and Skip Hunter. A no host wine tasting social hour begins at 6p.m. followed by dinner at 7 and induction at 8. Come and enjoy a wonderfully catered buffet and music provided by Marc Hansen. Seating is limited. Call 468-3255 for tickets.

Freshman boys lengthen win record again

For The Daily Journal
Ukiah High School's Freshman Boys Basketball Team extended their overall record to 14-5 and their league record to 7-2 with a 53-43 win over Maria Carillo. The game began on Friday, Jan. 25 as the Wildcats jumped out to a 16-8 first quarter lead only to see Maria Carillo explode for 21 second

quarter points while holding Ukiah to eight. This left Ukiah behind 29-24 at half-time. The Cats came out clawing in the third quarter. By utilizing their fast-break offense and tough defense, they were able to create enough turnovers and easy baskets to outscore Maria Carillo 16-5, entering the fourth quarter with a 40-33 lead.

The Wildcats increased their lead to double digits later in the fourth quarter and were never threatened by their opponents again. "Other than their run in the second quarter we outplayed them," said Coach Tim Conrad. "Nester Garcia played his best defensive game of the year. Dan Eaquinto and Nate Henry con-

'Other than their run in the second quarter we outplayed them.'
-Coach Tim Conrad

tinue to lead us offensively and [defensively]." Eaquinto led the scoring with 17 while Henry added 14.



Ganging up on life

Matt Gang looks for his desires

By JOHN-MICHAEL KIBRICK
The Daily Journal
"Delight yourself in the Lord and he will give you the desires of your heart."
Ukiah High School Junior Matt Gang lives by this quote and because of the unique priorities and aspirations that are a part of his life, the desires of Gang's heart are anything but ordinary. So what does his life encompass? Gang responds to that question with two answers: family and basketball.



Submitted Photo

Physically, he was born in Orange County California, but mentally, he was born into a world of sports. "My first memory is of basketball," said Gang. But basketball is more than just a memory for Gang. He is currently in his second year on the High School's Varsity Basketball Team and will play for one more year as he finishes his high school career that has been such a large part of his life. Even his love for his family ties into the world of sports. His father currently enjoys the Mendocino College Football Head coach position and has become his son's friend and inspiration. "He just tells me to keep going," said Gang about his father's ability to encourage him. But Gang's enjoyment does not end with basketball. He has also played key roles on the High School's football team since his freshman year. "Sports is everything to me," said Gang. "It's my passion."

Ukiah High School Junior Matt Gang does what he does best as he drives to the hoop in a game earlier this year.
However, the ability to live out one's passions is no simple task. That is why Gang is also comfortably maintaining a 3.2 Grade Point Average as school so that he may continue with his dreams in college. Gang hopes to attend a four-year university and later have a career as a coach to support a family. This mirrors his father's experience in life and illustrates further Gang's hope to be like him. "My dad has been a coach all his life," said Gang. His father has also assisted Gang in playing the games that he loves to the best of his ability both physically and mentally. "He has good knowledge," said Coach Bill Heath. "He works hard." Regardless of the fact that the team has a league record of 1-8 and

See GANG, Page 7

Chris Webber set to return to Warriors

By GREG BEACHAM
AP Sports Writer
OAKLAND, Calif. — More than 13 years after Chris Webber demanded to leave the Golden State Warriors, the free-agent forward is all set to return. Webber sent an e-mail to The Associated Press on Monday night confirming he will rejoin the Warriors and coach Don Nelson, who won a power struggle with the former No. 1 draft pick in his messy first stint with the franchise.

Webber might be with Golden State by Friday night when the club returns home to face Charlotte. The five-time All-Star isn't expected to join the Warriors during a two-game road trip this week to Houston and New Orleans, said an NBA source who spoke on condition of anonymity because Webber hadn't formally signed with the club. The team had no announcement planned Monday night. Nelson apparently masterminded the Warriors' decision to re-sign Webber, who hasn't played in the NBA this season, as a back-up big man and offensive playmaker. Nelson has spoken repeatedly about the team's hopes of signing Webber in recent days. Just a few days after Chris Mullin said he planned no significant changes to the club with the NBA's second-most victories since mid-November, Nelson apparently convinced Golden State's top executive to take a chance on Webber. The power forward's diminished athleticism and uneven playoff performances convinced his hometown Pistons not to re-sign him last summer.

"I'm afraid if we don't get him here, our team is not strong enough to be a playoff team. I think he has a chance to make some of our players better and make our team better. Really that's all that's important. I'll get along with anybody who can help our team."

-Coach Don Nelson

A slow-footed, soon-to-be 35-year-old big man with surgically repaired knees and a bad history with the head coach seems to be a terrible fit for the Warriors' harmonious team chemistry and their up-tempo style. But Nelson has done stranger things in his highly successful career. "I'm afraid if we don't get him here, our team is not strong enough to be a playoff team," said Nelson, whose club is seventh in the conference at 27-18 after two months of largely out-standing play. "I think he has a chance to make some of our players better and make our team better. Really that's all that's important. I'll get along with anybody who can help our team." The second-winningest coach in NBA history claims the Warriors desperately need Webber's pass-

See WEBBER, Page 7

Lane Kiffin's future with Raiders in doubt

By STEVE CORKRAN
Contra Costa Times
Raiders coach Lane Kiffin returned to team headquarters Monday morning on the heels of a series of reports detailing a bitter feud between him and managing general partner Al Davis, with no overt signs of him being on his way out. Several of the reports, all unattributed, said Davis had stripped Kiffin of all authority over personnel moves and the hiring and firing of

assistant coaches. Yet, Kiffin was the primary person interviewing James Lofton for a coaching job for five hours or so. Kiffin was joined by offensive coordinator Greg Knapp in interviewing Lofton for an unspecified position. Noticeably absent was Davis. He arrived toward the end of the process but only to exchange greetings with a player who starred for the Raiders in the 1987 and '88

seasons. "We haven't formalized anything yet," Lofton said, when reached by phone, during a break in the process. "We're just talking right now." Lofton couldn't be reached after his interview ended. On Friday, ESPN reported that Davis sent a resignation letter to Kiffin's representatives in response to Kiffin's insistence on firing

See RAIDERS, Page 7



File Photo

Raiders Coach Lane Kiffin is involved in an argument with the team's general manager.

Pate dedicates win to trainer's late son

By JAYMES SONG
AP Sports Writer
KAHUKU, Hawaii — While the wind left most of the players frustrated, confused and vulnerable, Jerry Pate couldn't have asked for better conditions. Pate handled the howling wind in the Turtle Bay Championship on Sunday, closing with a 2-under 70 for a two-stroke victory over Jim Thorpe and senior rookie Fulton Allem. "When the weather is like this, it plays right into my hands," said Pate, who was four strokes behind leader Gil Morgan after the second round. The 54-year-old Pate breezed to a 5-under 211 total for his first victory in 39 starts and second career Champions Tour title.

With tears in his eyes, Pate dedicated the victory to his trainer's 26-year-old son, Justin Wilk, who was found dead earlier this month in Florida. Kevin Wilk and his son helped rehabilitate Pate after several shoulder surgeries and got him back to golf. Pate visited with the family before coming to Hawaii and wanted to win one of the first two events in their honor. "It was just a tragic loss. So this win is not just for me, but for Kevin and for Justin," said Pate, who had the turtle trophy sent to his trainer's clinic in Birmingham, Ala.

Pate and his wife, Soozi, woke up to a brilliant rainbow outside their hotel and believed he was destined to win. "It was so surreal. ... It was the most perfect (rainbow) from tip to toe," he said. "I said, 'That's a great omen. I'm going to win today.'" Allem (73) and Thorpe (74) each birdied the final hole to tie for second. "You could hit some putts and the wind would make you look like an idiot," said Allem, recording his best finish in three Champions Tour starts. "It was just survival. That's all it was, pure survival."

It was so windy, Thorpe wore a white cap instead of his usual straw hat. "It was a guessing game. There was nothing you could do out there," said Thorpe, who finished tied for 13th at last week's elite MasterCard Championship. "These three days are probably three of the hardest I've ever played where you didn't have any clue of what you were doing." Morgan (77), 2006 champion Loren Roberts (71), Wayne Grady (70) and Monday qualifier Robert Thompson (72) tied for fourth, three strokes back. Relentless tradewinds blew 20 to 25 mph with gusts reaching 35 mph. The players scrambled, switched clubs and talked to their caddies, and themselves. The wind seemed to shake everyone like the ironwood trees, except for Pate. "The tougher the better," Pate said. "Unfortunately, golf becomes a lot of times a putting contest instead of the whole game."

Pate has thrived in the most difficult of conditions and courses. But he has lost several times on the final hole because of his putting. "It's not that I'm a bad putter. It's just ball striking is my strength," he said. "You're not going to have everything. The only person that has everything is Tiger Woods. ... If I putted like Loren Roberts or Jay Haas, I'd probably win 10 times a year." Pate missed a 12-foot putt for par on the 54th hole that would've made him the only player to shoot in the 60s in the final round of the 50-and-over circuit's first full-field event of the year. He was just one of four players to break par. With the field struggling, Pate made a mid-round rally with three straight birdies on Nos. 8-10 that pushed him to the top of the leaderboard at 6 under. The whistling wind forced the 1976 U.S. Open winner to step away before he calmly sank a 4-foot putt on the par-5 eighth for a share of the lead. Pate took the outright lead on the following hole by sinking an 8-footer for birdie. Pate went up by two strokes over Bernhard Langer heading into the home stretch. It became a fight for second when Langer bogeyed 15. Pate said he never looked at the leaderboard and didn't know he had

See PATE, Page 7

Tiger eager for a return this summer to Torrey

By DOUG FERGUSON
AP Golf Writer
SAN DIEGO — Tiger Woods began his 2008 season with a 67 on the South Course at Torrey Pines that featured only one bogey, one birdie on the par 5s and seemingly very little effort.
Standing behind the 18th green, one caddie made a quiet observation that surely was shared by others.
“He just won two tournaments with one round,” the caddie said.
Woods left the Buick Invitational with only one trophy, but his eight-shot victory left some wondering if the U.S. Open would be the same kind of contest in June — which would be no contest at all.
He most likely will not compete again in California until June, when Woods will try for the second time this decade to win a U.S. Open on the same course where he earlier won a PGA Tour event.
But this is different from Pebble Beach.

Eight years ago, Woods won the AT&T Pebble Beach National Pro-Am with his most exciting comeback, rallying from seven shots behind with seven holes to play to overcome a faltering Matt Gogel. He won the U.S. Open four months later with a performance that might never be repeated, winning by 15 shots, playing the final 26 holes without a bogey.
Those are his only two victories at Pebble as a pro.
Torrey Pines is a public golf course that appears to have private ownership. Woods has won six times on the cliff-side course, which includes four straight titles at the Buick Invitational. The only other PGA Tour course where he has won that often is Firestone.
“I feel very comfortable here,” Woods said. “I can read the greens. Even though they’re a little bouncy, I can still read them, and I read them well. It’s just one of those things where some people just have an affinity for certain golf courses. And somehow, this golf course seems to have been pretty good for me.”
Woods has said the calendar Grand Slam is “easily within reason,” and it’s hard to doubt him. The rotation of courses — Augusta National, Torrey Pines, Royal Birkdale and Oakland Hills — would appear to be in his favor, and Paul Goydos thinks that might be overrated.
“I don’t think that the rotation is going to make a difference with his talent,” Goydos said.
Maybe not, but Torrey Pines certainly will help.

Even though he already has 13 majors, the U.S. Open is the one that has given Woods the most trouble. He has the fewest victories (two) of any major. He has finished out of the top 10 six times, far more than the others. And the U.S. Open is the only major where Woods has missed the cut.
But if he wasn’t already the favorite at this year’s U.S. Open, his victory Sunday only made him look more like a lock. Woods went 44 holes without a bogey, built an 11-shot lead midway through the final round, and settled for an eight-shot victory. The last three times he has played, including his unofficial Target World Challenge, Woods has won by a combined 23 shots.
Woods, however, knows that Torrey Pines won’t be the same course in June.
The course was soft from rain and a late January chill, so on the occasions that Woods found himself in the rough or behind trees, he could rely on receptive greens to get out of trouble. His biggest concern was spinning the ball too much with even a 6-iron. That won’t happen in June. And even with the trophy at his side, Woods could not see how winning in January will help him in June.
“Two totally different sites,” he said.
No one is sure what to expect at the U.S. Open, which will play as a par 71.
Woods’ caddie, Steve Williams, was looking for a sprinkler that he normally sees on the right side of the sixth fairway. He finally found it covered by clumpy grass in the rough. The fairways might not be much more narrow, although they figure to be firm and fast and harder to hold. Shots that spun back on the green are more likely to spring forward.
The hope by some was that the USGA wasn’t watching when Woods shot 19-under 269 on a course that four months from now will be hosting the “toughest test in golf,” where the winning score the last two years has been 5-over 285.
“What he’s going to do is screw the U.S. Open up for everyone else,” Fred Couples said. “If he had shot 10 or 11 under, the USGA would have said, ‘Well, maybe we have it in the right spot.’ Now, they may have to regroup a little.”
The USGA already has decided to convert the sixth hole to a par 4, and while No. 13 will remain a par 5, it features a new tee that was built in the RV parking lot, stretching the hole to 614 yards. With the wrong ocean breeze, it could turn into another nightmare like No. 10 at Bethpage Black, where some players couldn’t reach the fairway.



John Lazar/L.A. Daily News Staff Photographer
Golfing sensation Tiger Woods hopes to see more victories in the future.

As for the winning score, Woods couldn’t even hazard a guess.
“I don’t know how they’re going to set it up,” he said. “I know these are about the lines, the fairway widths, but as far as the rough and how they’re going to have it, and the pin locations, and the greens, and how fast and how firm they’re going to have them? If we get wind like this every day, no one is breaking par. But you get calm days, you can see guys shooting under par.”
Odds are, they will be shooting for him.
More than the course — and there’s no doubt Woods has a high comfort level at Torrey Pines — what makes him such a strong favorite when he comes back to Torrey Pines is his game.
In the six official events he has played over the last six months, Woods’ average score is 66.75, and his highest score was a 72 in the first round of the Deutsche Bank Championship. He has won five of his last six events by a combined 28 shots.
As Goydos said, that kind of golf will work anywhere.

Illinois ranked for first time in 19 years

By DOUG FEINBERG
AP Sports Writer
Illinois State coach Robin Pingeton hopes her team’s first Top 25 appearance in more than 19 years is just a starting point.
The Redbirds, winners of 13 in a row after two more victories this past week, entered The Associated Press poll at No. 24 on Monday — the first time they’ve appeared since Dec. 5, 1988.
“We wanted to put Illinois State on the map and be well respected,” Pingeton said. “To be in the Top 25 and compete in the NCAA tournament year in and year out are the visions of the program. Being ranked is a great honor, but we don’t want to be satisfied or a one-week wonder.”
Connecticut remained the unanimous No. 1 for the fourth consecutive week, with Tennessee and North Carolina again ranked second and third, respectively.
It’s the 100th time the Huskies have held the top spot — only Tennessee, with 111, has been No. 1 more often.
The Huskies are one of seven Big East schools in the

See ILLINOIS, Page 8

Pate

Continued from Page 6

sealed the win until his caddie told him about his four-stroke lead at 18.
“When you’re playing in these kind of conditions, you just can’t look at the leaderboard,” he said.
It was Pate’s first victory since the Outback Steakhouse Pro-Am in the injury-shortened 2006 season where he underwent right-shoulder surgery in the summer to repair torn cartilage. The Outback victory was his first win in nearly 24 years, since the 1982 Players Championship.

Defending champion Fred Funk, who ran away an 11-stroke victory last year, had a horrendous final round of 81. His highest round last year was 65.
Funk was coming off a win last week in the winners-only MasterCard Championship.
Last year, Funk had the most lopsided victory ever in a 54-hole Champions Tour event, finishing with consecutive 8-under 64s for an 11-stroke, wire-to-wire win. He had a tournament-record 23-under 193 total.
The 18-stroke margin between the two years at Turtle Bay is the largest difference in a 54-hole Champions Tour event.

Eddie Sutton still can’t get 800th win

By GREG BEACHAM
AP Sports Writer
SAN FRANCISCO — Eddie Sutton is still searching for his 800th victory with a team that looks lost.
San Francisco failed in a third attempt to get its interim coach’s milestone win, with John Bryant scoring 22 points in Santa Clara’s 66-48 victory over the Dons on Monday night.
This loss might be the most galling of Sutton’s seven defeats in eight games since taking over the beleaguered San Francisco program last month in hopes of getting the final two victories to push him to 800, a mark reached by only four Division I coaches.
Sutton got No. 799 over Portland on Jan. 19, and the

71-year-old coach thought the Dons could compete with Santa Clara, a struggling Bay Area rival, after playing fairly well in tough losses to West Coast Conference powers Gonzaga and Saint Mary’s in their last two games.
Instead, the Dons (5-15, 1-4) fell behind by 21 points early in the second half of their 10th loss in 11 games overall. Dior Lowhorn scored 22 points, but Sutton spent most of the final 30 minutes in a state of agitation, repeatedly popping from his seat to point out his players’ mistakes as Santa Clara rolled to the easy win.
Calvin Johnson scored 11 of his 14 points in the second half of the third victory in four games for the Broncos (11-9,

‘Sutton is still waiting to join Bob Knight, Dean Smith, Adolph Rupp and Jim Phelan as the only Division I coaches with 800 victories. Sutton is the sport’s second-winningest active coach, though Duke’s Mike Krzyzewski could catch him by the end of the season.’

3-2). San Francisco struggled to defend the 6-foot-10 Bryant, who also had 12 rebounds, while Johnson and Brody Angley hurt the Dons from outside as Santa Clara took a 25-point lead.
Sutton is still waiting to join Bob Knight, Dean Smith, Adolph Rupp and Jim Phelan as the only Division I coaches with 800 victories. Sutton is the sport’s second-winningest

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Raiders

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defensive coordinator Rob Ryan, among other things. Neither Kiffin nor Davis has commented on the report. Kiffin on Saturday said, “I hope so” when asked if he expected to be the Raiders coach in 2008.
That Kiffin presided over Lofton’s interview brings into question the credibility of reports that said Davis had taken away Kiffin’s authority. Kiffin was unavailable for comment Monday.
But Raiders senior executive John Herrera said, “The interview went well. There will be further discussions.”
Lofton spent the past six seasons as the San Diego Chargers receivers coach. He was fired last week.

Davis interviewed Lofton for the Raiders coaching vacancy each of the past two seasons.
Charles Coe was the Raiders receivers coach last season. There has been no word on his status for next season.
In other news, Bob LaMonte, the agent for former Washington Redskins offensive coordinator Al Saunders, confirmed that the Raiders requested permission to speak with Saunders about the prospect of joining the Raiders.
Saunders was fired by the Redskins on Saturday, meaning that the Raiders no longer need permission from the Redskins. However, they have yet to contact LaMonte about setting up an interview.
Contact Steve Corkran at scorkran@bayareanews-group.com.

Gang

Continued from Page 6

an overall record of 5-17 this season, Gang is still proud of his team and happy to be a part of it.
“We all love the same thing, and it’s basketball,” said Gang. “Last year we didn’t really have the attitude.”
According to Heath, part of the reason for the team’s great attitude is Gang himself.
“He’s a very likable kid,” said Heath. “The kids look up to him.”
One thing that the coach remains proud of is that, while Gang lightens the mood, he does not promote laziness or distraction in his teammates.
“He’s a very serious player,” said Heath. “He’s one of the first guys to practice and one of the last guys to leave.”
So why would Gang so adamantly stick to this sport? “Something can happen in a split second,” said Gang. “It’s taught me good discipline and character.”
But no matter how much he wanted to, Gang could never continue with the things that he loves without the other major part of his life: family.
“Family is everything to

‘Family is everything to me in my life. They’re always there to support me no matter what my record is. I really appreciate that.’

Junior Basketball player
Matt Gang

me in my life,” said Gang. “They’re always there to support me no matter what my record is. I really appreciate that.”
Gang’s passion for the game is evident to anyone who watches him play, but Gang has his own skill that he particularly enjoys.
“I think I’m pretty good at driving to the hoop,” said Gang.
Heath spoke more to his dedication and hard work than to any one skill.
“He’s very dedicated to try to get better,” said Heath. “He’s a real joy to coach.”
Through all of this hard work and the life full of sports that he has created for himself, Gang can only hope that the desires of his heart will be fulfilled.

Webber

Continued from Page 6

ing abilities and bulk to compete with the Western Conference’s best centers and power forwards.
Webber’s arrival could mean less playing time for Al Harrington and Andris Biedrins, while also increasing the likelihood Golden State will make a move near the trade deadline.
Webber was acquired by the Warriors in 1993 in a draft-day trade with Orlando, which made him just the second sophomore to be the draft’s top pick.
He won the Rookie of the Year award and made the playoffs in his only season in Golden State.
But Webber repeatedly clashed with Nelson, demanding a trade before his second season.
The former Michigan star eventually was dealt to Washington in November 1994 for Tom Gugliotta and three first-round picks, and Webber has been loudly booed at Oracle Arena ever since.
The battle turned out to be

a serious setback for both men and the Golden State franchise.
Webber toiled in Washington for four years before enjoying his best NBA seasons with Sacramento, while Nelson was fired by Golden State just a few months after Webber left — and the Warriors missed the playoffs for the first of 12 straight losing seasons.
Nelson returned to the club last season, installing a fast-paced offense built around Baron Davis.
The rejuvenated roster snapped the Warriors’ playoff drought, and the eighth-seeded club upset the league-leading Dallas Mavericks in the first round before losing to Utah.
Webber has not played since the Pistons lost to Cleveland in last season’s Eastern Conference finals.
A Greek club reportedly made a lucrative offer to Webber, but none of his preferred NBA destinations worked out.
AP Sports Writer Larry Lage in Detroit contributed to this report.

MENDO TRUCK
ACCESSORIES
LINE-X
GEMTOP
Rack-It
SUPERIOR
PROFESSIONAL
SERVICE
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462-4614

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Pacific
Hydroponic & Garden Supply
For All Your
Garden Needs
Inside & Outside
Our Customers
Become Our
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Catch All The Action
Superbowl 42 Sunday
Who
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LeBron scores 41, Cavs stop Kobe, Lakers at the end for 96-93 victory

By The Associated Press

The LeBron James-Kobe Bryant showdown came down to the last shot — and the Cavaliers wouldn't let the Lakers take it.

Cleveland forced Bryant to give the ball up, none of his teammates stepped up to shoot it, and the Cavs escaped with a 96-93 victory Sunday.

James won his personal matchup with Bryant in a duel of the NBA's leading scorers, tallying 14 of his 41 points in the fourth quarter of the Cleveland's fifth straight win over the Lakers.

"For them to not even get a shot off, that's what it's been about for us lately," James said. "We've been extremely conscious of playing defense the right way. We thought that Kobe was going to take the shot, of course. We just tried to get a hand up, contain them."

Hedo Turkoglu and Kevin Martin wouldn't be stopped at the end of their games. Turkoglu's 3-pointer at the buzzer gave Orlando a 96-93 victory over Boston, while Martin's bucket as time expired gave Sacramento a 103-101 win that extended Seattle's franchise-record losing streak to 14 games.

In Los Angeles, Zydrunas Ilgauskas had 16 points and 11 rebounds before fouling out with 6:14 to play, and Hughes also scored 16 points for the Cavaliers (24-19), who won for the 12th time in 15 games.

Bryant scored nine of his 33 points in the final period, and also had 12 rebounds and six assists, but it wouldn't be enough to keep the Lakers from losing their third straight to match their longest losing streak of the season.

In Sunday's other NBA games, it was: Phoenix 88, Chicago 77; Portland 94, Atlanta 93; Milwaukee 105, Washington 102 in overtime; Dallas 90, Denver 85; Minnesota 98, New Jersey 95; Utah 97, Houston 89; and Golden State 106, New York 104.

On the final play, the Cavs focused their defense on Bryant, who was forced to pass to Luke Walton. Walton didn't take the shot, and by the time he got the ball back to Bryant, it was too late.

"It was designed for me to come up from the top of the floor and get a good look at a 3," Bryant said regarding the last play. "We had to run a

dribble weave in that situation and they both came with me, so I kicked it out. I don't know if he had a clear look at the basket. I think they rotated to him pretty quickly. There's always other options."

James made two late baskets, then hit two free throws to make it 96-93, setting the stage for the Cavs' defensive stand on the final sequence.

"That's really what you want. You want to not allow Kobe to get a clean look from the start of the play, make those guys make a couple passes, which we did, and not let them get a clean look," Cleveland's Larry Hughes said. "Nobody wanted to shoot it."

Magic 96, Celtics 93

Hedo Turkoglu nailed an off-balance 3-pointer with time expiring to lift Orlando to its second home win this season over Boston, which played without Kevin Garnett because of an abdominal strain.

Dwight Howard had 18 points and 16 rebounds for Orlando, and Rashard Lewis scored 15 points.

Paul Pierce led Boston with 24 points and nine rebounds, Ray Allen scored 17 points

and Rajon Rondo had 15 points and five assists.

Kings 103, SuperSonics 101

Kevin Martin scored Sacramento's final five points, including a frantic race the length of the court for a 20-footer as the clock expired, and the Kings extended Seattle's franchise-record losing streak to 14.

Kevin Durant led the hosts with 19 points, but missed 15 of his 20 shots, and Wally Szczerbiak added 16. Seattle has yet to win in 2008 and didn't help its cause by missing 10 free throw attempts.

Suns 88, Bulls 77

Amare Stoudemire scored 24 points and Phoenix pulled away early in the fourth quarter in Chicago for its sixth win in seven games.

Kirk Hinrich did all he could to keep the Bulls in the game, finishing with 31 points — the second time in less than a week he scored more than 30.

Mavericks 90, Nuggets 85

Dirk Nowitzki scored 16 of his 32 points in the fourth quarter, most coming over the final minutes to help Dallas hold off visiting Denver.

Illinois

Continued from Page 7

program to be the best it could be."

Since 1989, the Redbirds have reached the NCAA tournament once. In 2005, they won the Missouri Valley Conference tournament after finishing eighth in the regular season. The Redbirds play host to Drake on Thursday.

"This will be a tough matchup for us," Pingeton said. "Drake was picked first in the conference and in conference teams are so familiar

with the tendencies and personnel."

The second-ranked Lady Vols visit No. 9 Duke in a Top 10 matchup Monday night. North Carolina held its spot after splitting games with Connecticut and Maryland.

Rutgers moved up to No. 4, followed by Maryland, Baylor, Stanford, LSU, Duke and California, which fell two spots to No. 10 after a loss at Stanford on Saturday.

Oklahoma was No. 11, followed by West Virginia, Old Dominion, Pittsburgh and Wyoming. Pitt jumped five places and Wyoming three to gain their highest rankings ever.

Sutton

Continued from Page 7

Oklahoma State two years ago after being arrested on drunken-driving charges, but considered several comeback options before agreeing to become caretaker at San Francisco for three months.

The Dons' struggles haven't stopped with the arrival of Sutton, who took charge after Jessie Evans went on an unwanted leave of absence.

Sutton immediately instituted two-a-day practices after the club returned from two road losses in Utah during the holiday break, but the Dons' improvements haven't yet translated to multiple victories.

San Francisco's small but vocal home crowds at War Memorial Gym won't see Sutton and his team again until Feb. 11.

San Francisco's next three games are on the road at Pepperdine, Loyola Marymount and Saint Mary's.

Eric Musselman, the former Golden State and Sacramento NBA coach, watched the game from the stands with one of his sons. Musselman has been mentioned as a possible candidate for the position after Sutton leaves in March, though he hasn't confirmed any interest in the job.

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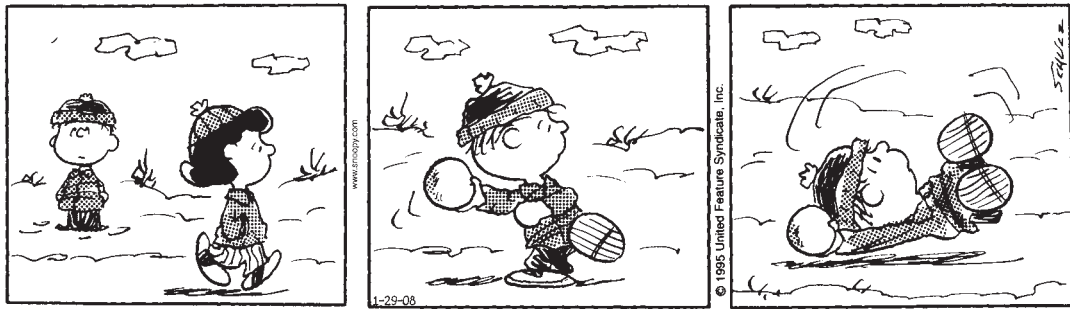
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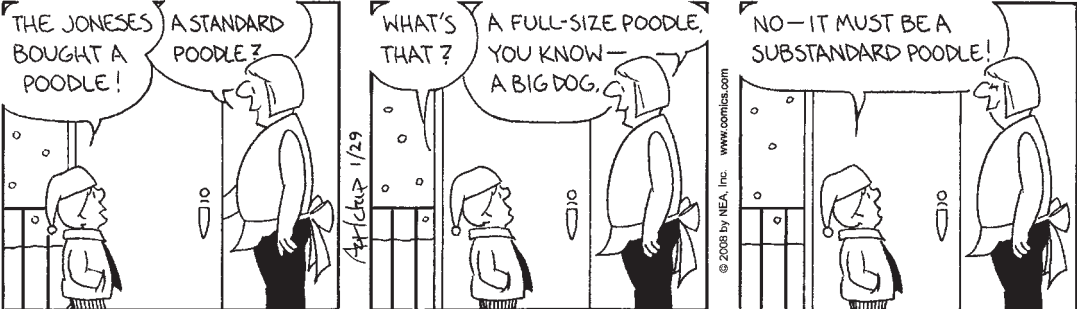
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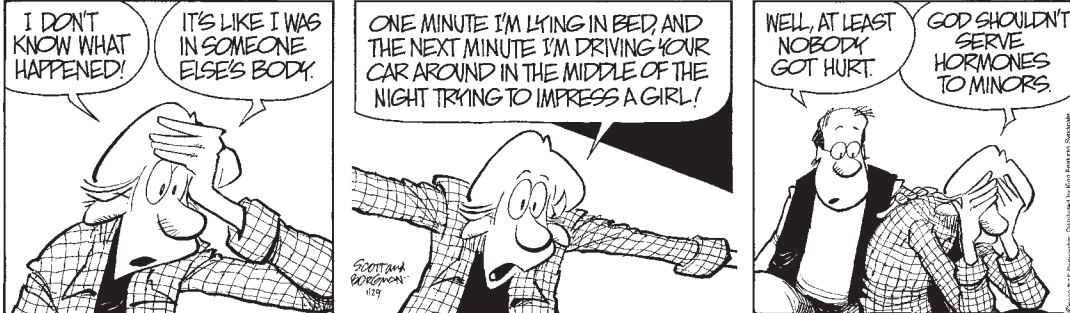
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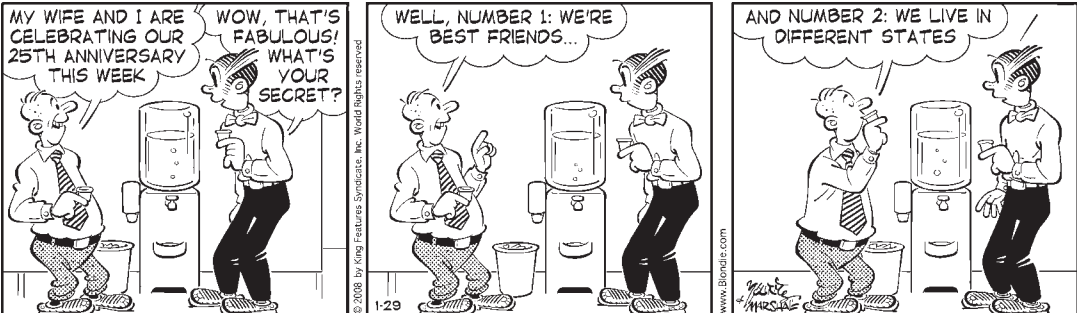
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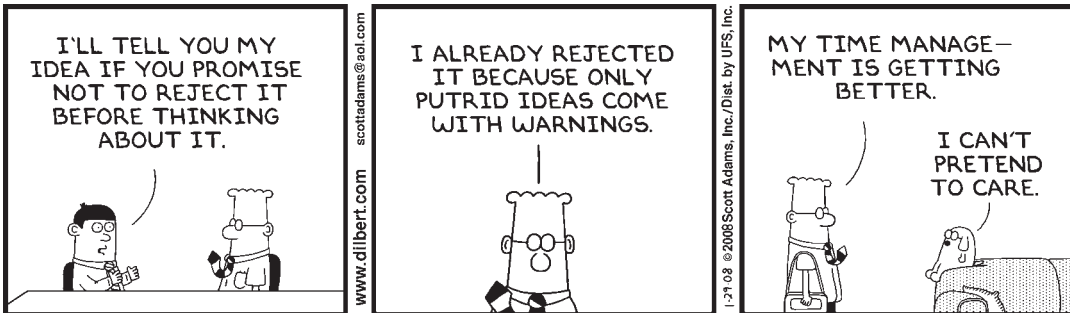
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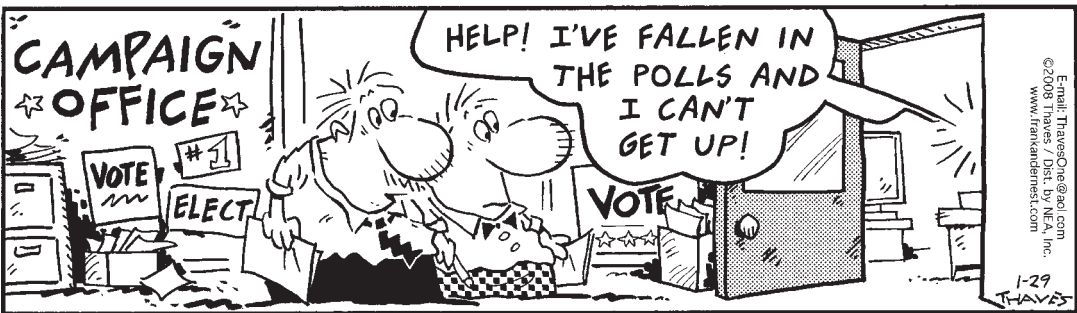
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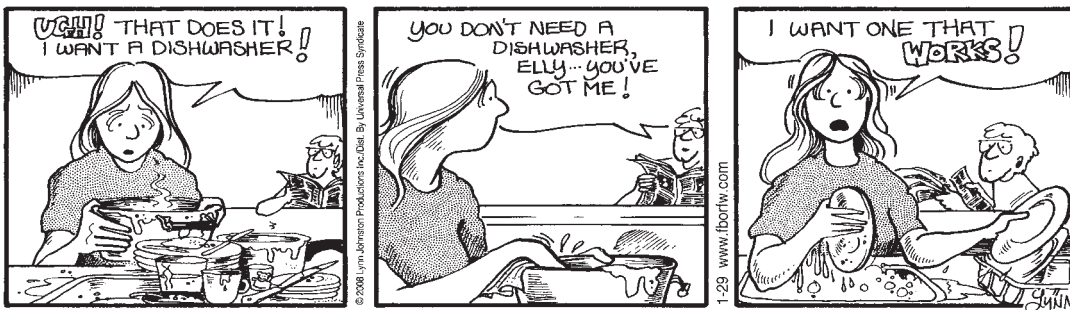
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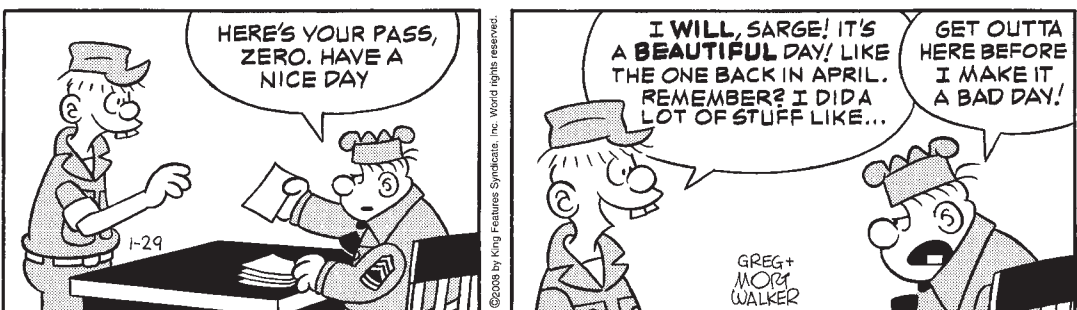
FOR BETTER OR FOR WORSE

by Lynn Johnson



BEETLE BAILEY

by Mort Walker



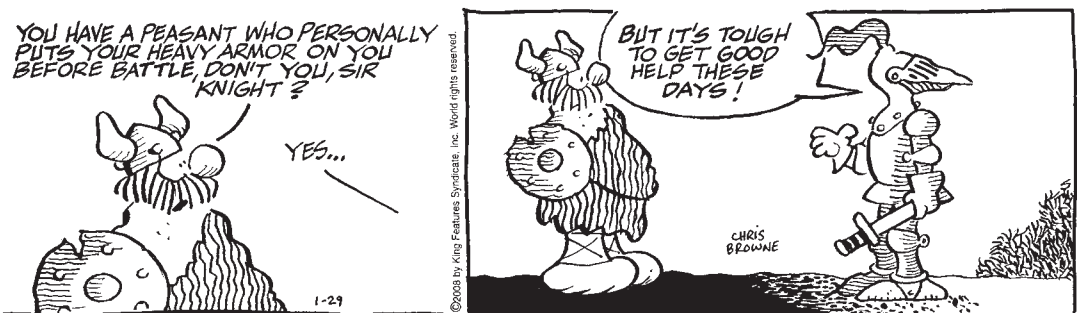
DOONESBURY

by Gary Trudeau



HAGAR THE HORRIBLE

by Dik Browne



Datebook: Tuesday, January 29, 2008

Today is the 29th day of 2008 and the 39th day of winter.

TODAY'S HISTORY: In 1861, Kansas was admitted into the union as the 34th state.

In 1891, Queen Liliuokalani became the last monarch of the Hawaiian Islands.

In 1984, Ronald Reagan announced that he

would run for a second term as U.S. president.

In 2002, President George W. Bush described Iran, Iraq and North Korea as part of an "axis of evil" in his State of the Union address.

TODAY'S BIRTHDAYS: Thomas Paine (1737-1809), patriot/philosopher; William

McKinley (1843-1901), U.S. president; Anton Chekhov (1860-1904), playwright, writer; W.C. Fields (1880-1946), comedian; Tom Selleck (1945-), actor, is 63; Oprah Winfrey (1954-), TV personality, is 54; Jonny Lang, (1981-), musician, is 27.

TODAY'S SPORTS: In 1995, the San Francisco 49ers beat the San Diego Chargers 49-26, becoming the first NFL team to win five

Super Bowls.

TODAY'S QUOTE: "I never vote for anyone. I always vote against." -- W.C. Fields

TODAY'S FACT: Edgar Allan Poe published his famous poem "The Raven" anonymously in the New York Evening Mirror on this day in 1845.

TODAY'S MOON: Between full moon (Jan. 22) and last quarter (Jan. 30).



ASTROGRAPH

By Bernice Bede Osol



Wednesday, Jan. 30, 2008

Just when things look as if they are grinding down and coming to a halt, those situations could turn around and allow you to make your greatest gains. Stay the course and never give up -- regardless of outward appearances.

AQUARIUS (Jan. 20-Feb. 19) -- Although you may not think so, your career and financial position can become your most fortunate area right now. It'll take your ingenuity and resourcefulness to advance your interests, so use them both.

PISCES (Feb. 20-March 20) -- Even if your techniques for handling your interests are unusual, place your faith in them, because a "different"

strategy will work out best and be to your advantage.

ARIES (March 21-April 19) -- There is a strong possibility you will find yourself involved in a commercial arrangement at this time, which won't be conducted along conventional lines. Its uniqueness makes it such a success.

TAURUS (April 20-May 20) -- Some unusual and unexpected benefits will be derived from a partnership you didn't seek. Even though this venture might be with someone you'd normally never align yourself with, you'll be glad you did.

GEMINI (May 21-June 20) -- If you are stymied by mistakes and/or delays, discard your present procedures

and try to implement fresh approaches. You'll find that your cleverness and resourcefulness will help circumvent those roadblocks.

CANCER (June 21-July 22) -- A spur-of-the-moment invitation is apt to be extended, which could turn out to be something rather interesting. If you have a previous engagement, consider postponing it, if possible.

LEO (July 23-Aug. 22) -- Unexpected changes are possible and would help finalize a situation that has been extremely hard to tie down. Even if it inconveniences another, don't let that stop you from taking advantage.

VIRGO (Aug. 23-Sept. 22) -- Your mind will be in far better working order than your

muscles, so if possible, limit your involvements to those of a mental nature rather than physical ones. Save the latter for another day.

LIBRA (Sept. 23-Oct. 23) -- Your financial trends look more encouraging than they have for some time, but they are apt to be short-lived. Take advantage of what transpires immediately, because this opportunity may not present itself again.

SCORPIO (Oct. 24-Nov. 22) -- A pleasant surprise could be in the offing that involves a social event or situation of some kind. It's a once-in-a-lifetime opportunity that might not present itself again, so try to take advantage.

SAGITTARIUS (Nov. 23-

Dec. 21) -- The best ideas will come when you're off in some quiet place, all alone and free from distractions or outside influences. If you're seeking a fresh thought, try this technique.

CAPRICORN (Dec. 22-Jan. 19) -- Adopt an optimistic outlook if things appear to be stuck in a rut or temporarily out of reach. You'll be surprised as to how positive thinking can turn things around in such a sudden manner.

Trying to patch up a broken romance? The Astro-Graph Matchmaker wheel can help you understand what to do to make the relationship work. Mail \$2.75 to Matchmaker, P.O. Box 167, Wickliffe, OH 44092-0167.

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The Ukiah DAILY JOURNAL

Puzzlers

ACROSS

1 Cave denizen
4 Deeply impressed
8 Monastic title
11 Make a mistake
12 Zoomed
13 Garden hopper
14 They cross the line
16 Salespeople
17 Moderated
18 Big Ben numeral
20 Reserved
21 — de plume
24 Ifs
28 Codgers' queries
30 Peril at sea
33 California fort
34 Snarl
35 Secondhand
36 Toupee kin
37 Whirlpool
38 Formal vote
39 Floor coat

DOWN

1 Off in the distance
43 Unsuitable
47 Half-star movie
49 Coffee maker
50 Director — Ephron
53 Make too much of
55 Auction site
56 In — of
57 — Dawn Chong
58 Make a quick turn
59 Blubber and suet
60 Ernie of the PGA

Answer to Previous Puzzle

W	H	E	N		V	O	W		P	E	A	L
A	U	D	I		E	K	E		R	I	S	E
N	E	I	N		R	A	T		F	I	N	K
	S	T	E	A	D	Y		A	M	E	S	
			P	H	I		Z	I	P			
Y	O	G	I	S		J	E	R	S	E	Y	
I	V	A	N		G	U	T	S		Y	A	M
N	A	P		A	L	D	A		R	E	N	O
	L	E	A	D	E	D		B	U	D	G	E
			T	I	N		V	A	N			
	R	E	T	E		Y	E	A	R	N	S	
C	O	M	E		U	P	O	N		I	O	N
A	M	I	S		I	D	O			O	D	I
B	E	R	T		P	A	M		T	E	T	E

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1	2	3		4	5	6	7		8	9	10
11				12					13		
14				15					16		
17							18	19			
20								21		22	23
				24		25	26	27		28	29
30	31	32			33				34		
35					36				37		
38				39				40			
	41		42				43		44	45	46
			47		48		49				
50	51	52			53	54					
55					56				57		
58					59				60		

<p>10 Blurbs 13 Small combo 15 Judged 19 DEL neighbor 22 Patch 23 Wearing boots 25 Utter a dismal cry 26 Camembert cousin 27 Sidle past 29 Dirty place 30 Chap 31 Off shore 32 Table extender 34 More eager 39 To opposite 40 High clouds 42 Forever and — — 44 Not spaced-out 45 Scent carrier 46 Squirrel refuges 48 Outdoor game 49 Purple vegetable 50 Gendarme's schnoz 51 Teahouse attire 52 Old garment 54 Itinerary word</p>	<p>work 7 Hubby of Lucy 8 Military enemy 9 Knock vigorously</p>
--	---

THE LEARNING CHALLENGER

by Robert Barnett



DIRECTIONS:

- A. Using each "Chaos Grid" number with its letter one time, arrange the numbers with their letters for the "Order Grid" so each vertical column, horizontal row, and two diagonals each ADD to numbers inside thick lined cells.
- B. Some correct numbers with their letters have been put into the "Order Grid" to get you started. Also, above the "Order Grid" is a "Decoded Message" clue.
- C. After you have solved the "Order Grid" doing a direction "A" says, put the letters from horizontal rows, from left to right, under "Decoded Message" and make words to form the answer.

CHAOS GRID

26 A	67 F	47 M	21 P
23 L	65 R	-1 E	72 A
-2 X	70 I	1 V	45 L
45 R	18 Y	43 S	-4 E

CLUE: MICRO

ORDER GRID

				134
				134
	43 S			134
45 L		21 P		134
			-2 X	134
134	134	134	134	134

1/29/2008

DECODED MESSAGE:

ANSWERS IN NEXT EDITION

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Run in papers of Tuesday, Jan. 29, 2008

CELEBRITY CIPHER by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present.
Each letter in the cipher stands for another.

Today's clue: S equals B

" Z O R W B Y A W F I Y B M J D Z O F U O D F Y Z
M J D Z W T . " - I Y C F V W F F Y F

" D Y U W Z J L W M V J A U C D J F T T Y Z C W
S W D Z B Y A K J F . " - M O V V X Y U W X D

PREVIOUS SOLUTION — "The greens are so fast I have to hold my putter over the ball and hit it with the shadow." - Sam Snead

(c) 2008 by NEA, Inc. 1-29

JUMBLE

Unscramble these four Jumbles,
one letter to each square,
to form four ordinary words.

COASH	
<div style="display: flex; justify-content: space-around;"> </div>	

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STALN	
<div style="display: flex; justify-content: space-around;"> </div>	

CEPTID	
<div style="display: flex; justify-content: space-around;"> </div>	

www.jumble.com

NURTUE	
<div style="display: flex; justify-content: space-around;"> </div>	

1
29

Now arrange the circled letters
to form the surprise answer,
as suggested by the above cartoon.

A: " [] "

(Answers tomorrow)

Yesterday's

Jumbles: PROVE MADLY GENTLE WHALER

Answer: When his wife stormed out after their argument, she took — HER "LEAVE"

Prospect of marriage is problematic for longtime couple

Dear Annie: “Dennis” has been my boyfriend for over 10 years. We have lived together and apart, and the reason for the apart has been a conflict over marriage. I am 55 years old, he is 57, and we are both divorced. Over the years, I have brought up the subject of marriage three times and it has been the cause of a great debate each time, resulting in my moving out. We then get back together because we still care about each other.

I recently told Dennis how important marriage is to me. I understand it's just a piece of paper, but to me, it makes us a team. Just living together gives me a sense of impermanence.

I moved out after the last argument and Dennis has not called much. I am pretty sure he feels I am giving him an ultimatum, which I guess I am. Is there any happy medium for this sort of issue? -- Resentful

Dear Resentful: Not really. Either you're married or you're not. Based on prior experience, Dennis believes you will come back even

ANNIE'S MAILBOX

By Kathy Mitchell and Marcy Sugar

if he doesn't agree to marry you. So decide whether you want Dennis or that piece of paper, because it doesn't look as if you are going to have both.

Dear Annie: I am 14 years old and in the eighth grade, and I LOVE baseball. My goal in life is to play shortstop in the Majors. I'm not a small kid, but I don't want to hurt myself and take away my chance of making it to the big leagues. The problem is there are people who want to beat me up. And to make it worse, some of the girls I have huge crushes on call me "gay."

I go to school every day with a knot in my stomach. I have no friends and I don't know

why. My parents are making me see a therapist for my ADHD. I am getting good grades in school, but the only time I'm happy is when I'm playing baseball. I used to be a really bubbly kid. Now I just want to stop being bugged and concentrate on school and baseball. What can I do? -- S.S.

Dear S.S.: Eighth grade can be a really difficult time. If other kids are taunting you or threatening to beat you up, you and your parents should report this to the principal. It's bullying and needs to stop. It will also help if you can find some friends, and this means expanding your participation in after-school as well as school-related activities so you can get to know kids with interests other than baseball. You should discuss this problem with your therapist and ask for specific suggestions. It will help.

Dear Annie: I have additional advice for “Cathy,” the snoring girlfriend. I’ve been through four sleep studies, two surgeries, two years with a CPAP (Continuous Positive Airway Pressure) machine and various face masks, and two oral devices. The CPAP didn’t

work for me. I couldn't stay in that position all night and have air blowing on my face. I eventually quit using it.

After she has a sleep study, Cathy should ask about an oral device from her dentist. I use the Adjustable PM Positioner, which has helped both my snoring and my sleep apnea -- and I can cuddle with my husband. -- Sleep Like a Baby in Jackson, Mich.

Dear Jackson: Thanks for the recommendation. Readers who are interested should discuss all options with their doctor. Here's more:

Dear Annie: My husband and I each use a CPAP, sleep comfortably and quietly, and cuddle all night. Travel is no problem; we take them with us and there are now travel-sized machines. -- D.

Dear Annie: My husband snores louder than a lion and won't go to the doctor, so I bought a \$17 sound generator that stays on for up to one hour. Now when his snoring keeps me up, I press a button and drown him out with the sound of crickets or waves or wind. -- Grass Valley, Calif.

TUESDAY EVENING												
1/29/08	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
BROADCAST CHANNELS												
2	News	Friends ∩	Friends ∩	Seinfeld ∩	American Idol (N) [RE]		House House. (N) [RE]		Ten O'clock News (N)	Seinfeld		
4	News (N)		Extra (N)	Hollywood	The Biggest Loser: Couples (N) ∩ [RE]				Law & Order: SVU	News (N)		
5	News (N) [RE]		Eye-Bay	Judge J.	NCIS "Identity Crisis"		The Unit [RE]		48 Hours Mystery [RE]	News (N)		
6	News (N) (N)		Jeopardy!	Fortune	Laughs ∩ Laughs		Jim ∩ Carpoolers		Boston Legal "Do Tell"	News (N)		
6	News-Lehrer		California's	Travels	Nova (N) ∩ (DVS)		Secrets of the Dead ∩		Frontline ∩ (DVS)	Nova (N)		
8	Paparazzi		La Ex		Pelicula: "Adiós Nicanor" (1937, Drama)				La Ex	Night Show		
9	News-Lehrer		Business	Quest	Nova (N) ∩ (DVS)		Secrets of the Dead ∩		Frontline ∩ (DVS)	Ind Lens		
20	Fresh Pr.	My Wife	My Wife	Jim	Law Order: CI		News		Jim	Married...	Reno 911!	
36	Still Stnd	70s Show	News (N)	TMZ (N) ∩	Cops [RE] Cops [RE]		Seinfeld ∩ 70s Show		Frasier ∩	Frasier ∩	TMZ [RE]	
40	Family Guy	Seinfeld ∩	Two Men	Raymond	American Idol (N) [RE]		House House. (N) [RE]		News (N) ∩		Two Men	
44	Lopez	Simpsons	Simpsons	Two Men	Reaper "All Mine"		One Tree Hill (N) ∩		Family Guy	Family Guy	Two Men	
50	The Insider	Entertain	Still Stnd	Still Stnd	Raymond ∩ Raymond		Frasier ∩	Frasier ∩	The Insider	Entertain	Blind Date	
CABLE CHANNELS												
A&E	Cold Case Files [RE]		CSI: Miami ∩ [RE]		The First 48 [RE]		The First 48 [RE]		Parking	Parking	Parking	
AMC	(5:00) Movie: ★★ "U.S. Marshals" (1998)				Movie: ★★ "Black Dog" (1998, Action) [RE]				Movie: "The China Syndrome"			
COM	"Relative Strangers"		Scrubs ∩	Scrubs ∩	Daily Show ∩ Colbert		Futurama ∩ South Park		Kevin James: Sweat	Daily Show		
DISC	Cash Cab ∩ Cash Cab		How-Made	How-Made	Dirty Jobs [RE]		Dirty Jobs (N)		Assembly Req.	MythBust		
DISN	Cory	Cory	Montana	Suite Life	Movie: ★★★ "Brother Bear"		No Raven		So Raven ∩ Life Derek	Suite Life		
ESPN	College Basketball Tennessee at Alabama [RE]				SportsCenter (Live) [RE]		NFL Live ∩ SpoCenter		SportsCenter (Live) [RE]	SportsCtr.		
FAM	8 Rules ∩ 8 Rules		Grounded	Grounded	Funnies Home Videos		Funnies Home Videos		Funnies Home Videos	700 Club		
FSB	NBA Basketball: Warriors at Rockets				Sport Science		Best-Sports		Final Score ∩ Final Score	Sports		
LIFE	Reba [RE] ∩ Reba [RE]		Still Stnd	Still Stnd	Reba [RE] ∩ Reba [RE]				Movie: "Murder on Pleasant Drive" (2006) [RE]	Will-Grace		
NICK	Drake	Drake	Zoey 101	School	SpongeBob ∩ Drake		Home Imp. ∩ Home Imp.		Lopez ∩ Lopez	Fresh Pr.		
SCI FI	(4:00) "The Day After"		ECW (Live)		Flash Gordon ∩ [RE]		Stargate SG-1 ∩ [RE]		Twilight Z. ∩ Twilight Z.	The X-Files		
TBS	Friends ∩ ∩ Raymond		Raymond	Raymond	Family Guy ∩ Family Guy		Family Guy ∩ Family Guy		The Office ∩ The Office	10 Items		
TNN	CSI: Crime Scene		CSI: Crime Scene		CSI: Crime Scene		CSI: Crime Scene		UFC Fight Night ∩			
TNT	Law & Order "Asterisk"		Law & Order [RE] (DVS)		Law & Order "Positive"		Law & Order [RE] (DVS)		Bones "Pilot" ∩ [RE]	Cold Case		
USA	Law & Order: SVU		Law Order: CI		Law & Order: SVU		Law & Order: SVU		Movie: ★★ "The Pacifier" (2005)			
WGN	Funnist ∩ Funnist ∩		WGN News at Nine (N)		Scrubs ∩ Scrubs ∩		Corner Gas ∩ Becker ∩		Funnist Home Videos	Wilkos		
PREMIUM CHANNELS												
HBO	"Cuteless" (4/5) Movie: ★★ "The Lake House" (2006)				Baghdad Hosp.		Treatment		Movie: ★★ "Breach" (2007)			
MAX	(1:15) Movie: ★★ "White Men Can't Jump"		(1:15) "The Fast and the Furious: Tokyo Drift"						"The Shawshank Redemption" R			
SHOW	(5:45) Movie: ★★ "Mighty Aphrodite"		"Larry the Cable Guy"				The L Word [RE]		Movie: ★★ "Clerks II" (2006) R			

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All advertising must be paid in advance unless credit account has been established. Master-Card & Visa are accepted.

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When placing your ad, always ask for the ad to be repeated back to you. Check your ad for any errors the FIRST DAY. The Ukiah Daily Journal will be responsible for only one incorrect insertion & no greater extent than the cost of the space occupied.

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- 020...Personals
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- 040...Cards of Thanks
- 050...In Memoriam
- 060...Meetings & Events
- 070...Travel Opportunities

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- 110...Employment Wanted
- 120...Help Wanted
- 130...Sales Help Wanted
- 140...Child Care

Services

- 200...Services Offered
- 205...Financial Services
- 210...Business Opportunities
- 215...Businesses for Sale
- 220...Money to Loan
- 230...Money Wanted
- 240...Investments
- 250...Business Rentals

Rentals

- 300...Apartments Unfurnished

- 310...Apartments Furnished
- 320...Duplexes
- 330...Homes for Rent
- 340...Vacation Rentals
- 350...Rooms for Rent
- 360...Rest Homes
- 370...Wanted to Rent
- 380...Wanted to Share Rent
- 390...Mobiles & Space

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- 410...Musical Instruments
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- 430...Building Supplies
- 440...Furniture
- 450...Wanted to Buy
- 460...Appliances
- 470...Antiques
- 475...Computers
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- 490...Auctions
- 590...Garage Sales

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- 510...Livestock
- 520...Farm Equipment
- 530...Feed/Pasture Supplies
- 540...Equipment Rentals
- 550...Produce

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- 610...Recreational Vehicles
- 620...Motorcycles
- 630...Auto Parts & Acc.
- 640...Auto Services
- 650...4X4s for Sale
- 660...Vans for Sale
- 670...Trucks for Sale
- 680...Cars for Sale
- 690...Utility Trailers

Real Estate

- 710...Real Estate Wanted
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- 730...Mobile Homes with Land
- 740...Income Property
- 750...Ranches
- 760...Lots/Acreage
- 770...Real Estate

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058-08

PUBLIC NOTICE

UKIAH MUNICIPAL AIRPORT, UKIAH, CALIFORNIA UKIAH AIR ATTACK BASE RELOCATION PROJECT

The California Department of Forestry and Fire Protection (CAL FIRE), with assistance from the Department of General Services - Real Estate Services Division (DGS - RESD), are announcing the availability of a Draft Environmental Impact Report (EIR) pursuant to the California Environmental Quality Act (CEQA) for the relocation of the Ukiah Air Attack Base (UAAB) in Mendocino County, CA. CAL FIRE is the Lead Agency under CEQA and will be conducting a Public Workshop to present project information to members of the public. Following the presentation, Project Team Members will be available for questions and comments on the proposed project. The State Department of General Services (DGS) is designing the project and preparing the environmental studies on behalf of CAL FIRE.

What: Public Workshop

When: **Thursday, February 7, 2008, from 3:00 P.M. to 5:00 P.M.**

Where: **Ukiah Municipal Airport, Airport Administration Building (1403 S. State Street)**

Project Location

The proposed project is located in Mendocino County, within the City of Ukiah. The project area consists of approximately 9 acres of land in the southeast corner of the Ukiah Municipal Airport.

Project Description

The California Department of Forestry and Fire Protection (CAL FIRE) proposes to lease approximately 9 acres of land in the southeast corner of the Ukiah Municipal Airport for the relocation of its existing Air Attack Base facilities. The site has been designated for Ukiah Air Attack Base (UAAB) use by the City of Ukiah. The site is directly adjacent to an existing runway and has been previously disturbed.

Current Base facilities are located within the west central portion of the Ukiah Municipal Airport. Proposed facilities to be located within the new lease area include a 4,200-square-foot air operations building with an elevated dispatch area (i.e., small tower); a 3,200-square-foot warehouse/shop building; a 2,900-square-foot aircraft hangar; a fire retardant mixing, storage, and loading facility; a taxiway; four aircraft retardant-loading/parking areas; a 150-square-foot storage building for aircraft maintenance supplies and normal household cleaning supplies; a tank for storing vehicle fuel; an observation area; new water, sewer, electrical, and phone lines; a spill pond; and sidewalks. The new UAAB would be accessed by a driveway that would intersect Airport Road to the west of the North-western Pacific Railroad tracks. Additional infrastructure improvements within the project area, however outside of the lease area, include connection with the southern terminus of Airport Road; sewer, power, water, and other utility tie-ins; and taxiway improvements to the new lease line. Sewer, power, water, and other utility tie-ins are available at the southern terminus of Airport Road. Site work needed for the new facilities would include grading, asphalt paving, installing power and utility lines, landscaping, and fencing.

Public Review Period

The Draft Environmental Impact Report is being circulated for public review and comment for a period of 45 days beginning January 28, 2008.

Copies of the DEIR are available for review at the following locations: * Ukiah Branch, Mendocino County Library, 105 N. Main St., Ukiah, CA 95482, (707) 463-4491

*California Department of Forestry & Fire Pro-

tection, 1475 So. State St., Ukiah, CA 95482, (707) 462-6102

*California Department of General Services-707 Third Street, Suite 3-305, West Sacramento, CA 95605, (916) 376-1609.

*Ukiah Municipal Airport, 1411 So. State St., Ukiah, CA 95482, (707) 467-2855

For questions or additional information about the Public Scoping Meeting, please contact: Department of General Services (DGS) Real Estate Services Division (RESD) Lynne Rodrian, Senior Environmental Planner 707 3rd Street, Suite 3-305 West Sacramento, CA 95605 (916) 376-1609

CNS-1271652#
UKIAH DAILY JOURNAL

053-08

1-29,2-5,12/08
NOTICE OF TRUSTEE'S SALE T.S. No. 1121627-14 APN: 006-077-02-00 TRA: LOAN NO: XXXXX8618 REF: Portlock, James IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED April 06, 2005, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On February 19, 2008, at 10:00am, Cal-Western Reconveyance Corporation, as duly appointed trustee under and pursuant to Deed of Trust recorded April 13, 2005, as Inst. No. 2005-07806 in book XX, page XX of Official Records in the office of the County Recorder of Mendocino County, State of California, executed by James B Portlock and Pamela Portlock, Husband And Wife, As Joint Tenants, will sell at public auction to highest bidder for cash, cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state: At the main (south) entrance to the mendocino county Courthouse, 100 North State Street Ukiah, California, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: Completely described in said deed of trust The street address and other common designation, if any, of the real property described above is purported to be: 85 Alameda Avenue Willits CA 95490 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$233,635.66. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. For sales information: Mon-Fri 9:00am to 4:00pm (619) 590-1221. Cal-Western Reconveyance Corporation, 525 East Main Street, P.O. Box 22004, El Cajon, CA 92022-9004 Dated: January 28, 2008 Trustee Sale Officer: Rhonda L. Rorie. (R-163543 01/29/08, 02/05/08, 02/12/08)

036-08

ADVERTISEMENT OF SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property and household items described below to enforce a lien imposed on said property under the CA. Self-Service Storage Facility Act (Bus. & Prof. Code 21700-21716). The undersigned will sell at public sale by competitive bidding on January 31, 2008 at 11:00 A.M. on the premises where said property has been stored and which are located at Red Carpet Mini-Storage, 151 Lake Mendocino Drive, County of Mendocino, Ukiah, CA. The following:

Martha Saucedo (Hsehd Itms) Unit #A-60
Robin Rivera (Hsehd Itms) Unit #D-145
Onesimo Saucedo (Hsehd Itms) Unit #G-162
Heather Higgins (Hsehd Itms) Unit #I-11
Shawn Pady (Hsehd Itms) Unit #R-453
Purchases must be paid for at the time of purchase in cash. All purchased items sold as is, where is and must be removed at the time of sale. Sale subject to cancellation in the event of settlement between owner and obligated party. Auctioneer: William Steinmann, (707) 468-8887 Bond# 97-Q6-0038-1 DATED: 01/22/08 and 01/29/08

067-08

1-29,2-5,12,19/08
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case No. SCU CVPT '08 50788
SUPERIOR COURT OF CALIFORNIA, COUNTY OF MENDOCINO, Court House, Ukiah, CA 95482
IN THE MATTER OF THE APPLICATION OF: **Chaing Shan Yang**
THE COURT FINDS that Petitioner(s) **The City of Ten Thousand Buddhas** has/have filed a Petition for Change of Applicant(s) name FROM **Chaing Shan Yang** TO **Heng Chiang Shr**
THE COURT ORDERS All people interested in this matter appear before this court to show cause why this application for change of name should not be granted on:
HEARING DATE: **3/14/2008 at 9:30 a.m.** in **Dept E**, located at **Superior Court Of California, County of Mendocino, 100 N. State Street, Ukiah, California 95482**
Dated: **Jan 24, 2008**
/s/ John A. Behnke
JOHN A. BEHNKE
Judge of the Superior Court

017-08

1-14,19,24,29/08
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case No. SCU CVPT '07 50655
SUPERIOR COURT OF CALIFORNIA, COUNTY OF MENDOCINO, Court House, Ukiah, CA 95482
IN THE MATTER OF THE APPLICATION OF: **KEVIN AGUILAR**
THE COURT FINDS that Petitioner(s) **LUCIO AGUILAR AND HILDA GARCIA** has/have filed a Petition for Change of Applicant(s) name FROM **KEVIN AGUILAR** TO **KEVIN AGUILAR-GARCIA**
THE COURT ORDERS All people interested in this matter appear before this court to show cause why this application for change of name should not be granted on:
HEARING DATE: **Feb. 8, 2008 at time a.m.** in **Dept E**, located at **Court House, 100 N. State Street, Ukiah, California 95482**
Dated: **Jan. 2, 2007**
/s/John A. Behnke
JOHN A. BEHNKE
Judge of the Superior Court

1-22,29/08

PUBLIC NOTICE

019-08

1-8,15,22,29/08 FICTITIOUS BUSINESS NAME STATEMENT

File No.: 2008-F0837
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:

CHANCE CREEK VINEYARDS

501 Parducci Rd. Ukiah, CA 95482

Mendocino Wine Group, LLC.

501 Parducci Rd. Ukiah, CA 95482

This business is conducted by a **Limited Liability Company.** The registrants commenced to transact business under the fictitious business name or names listed above on **Dec. 26, 2007.** Endorsed-Filed on **Dec. 26, 2007** at the Mendocino County Clerks Office.

/s/Timothy L. Thornhill

L. THIMOTHY THORNHILL C.O.O.

033-08

1-15,22,29,2-5/08 FICTITIOUS BUSINESS NAME STATEMENT

File No.: 2008-F0011
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:

1) **RAMAZZOTTI VINEYARDS** 2) **THUMBPRINT WINE CELLARS**

36050 Highway 128 Cloverdale, CA 95425

Lone Oak Estate Winery, LLC

36050 Highway 128 Cloverdale, CA 95425

This business is conducted by a **Limited Liability Company.** The registrants commenced to transact business under the fictitious business name or names listed above on **N/A** Endorsed-Filed on **01/03/2008** at the Mendocino County Clerks Office.

/s/Tracey Spencer
TRACEY SPENCER MANAGER

PUBLIC NOTICE

046-08

1-22,29,2-5,12/08 FICTITIOUS BUSINESS NAME STATEMENT

File No.: 2007-F0825
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:

ANAH'S LAUNDROMAT

2205 S. State St, Ukiah, CA 95482

Jaun Francisco Rodriguez

515 Capps Ln Apt #41 Ukiah, CA 95482

Nidia Rodriguez

515 Capps Ln Apt #41 Ukiah, CA 95482

This business is conducted by **Husband & Wife.** The registrants commenced to transact business under the fictitious business name or names listed above on **01/01/2008.** Endorsed-Filed on **12/18/2007** at the Mendocino County Clerks Office.

/s/Juan F. Rodriguez & Nidia Rodriguez

JAUN F. RODRIGUEZ & NIDIA RODRIGUEZ

7 MISTAKES People make in hiring an accident lawyer. Toll free recorded message reveals all. Call 800-853-9315 today!

CONSIDERING ADOPTION? We match Birthmothers with Families nationwide. Living Expenses Paid. Toll Free 24/7

Abby's One True Gift Adoptions. 1-866-459-3369

10 NOTICES

Have you seen me? I'm a 1yr. black lab mix. I'm very shy and friendly. Please call 462-4233. last seen in the oak manor area.

30 LOST & FOUND

SELL IT FAST With Ukiah Daily Journal Classifieds

70 TRAVEL OPPORTUNITIES

REDWEEK.COM #1 Timeshare Marketplace. Rent, buy, sell, reviews, New full-service exchange! Compare prices at 5000+ resorts. B4U do anything timeshare, visit www.RedWeek.com, consider options.

ADMIN ASSISTANT PT. Mfg firm, looking for self mot. person. Must have exc. oral & written com. skills, comp lit. & phone skills. Please fax resume 462-5578 or apply at 3661 Christy Ln, Ukiah

ATTORNEY for Tribal Court. \$64,952-\$80,816 annually + benefits. Requirement: member of CA State Bar. Call 744-1647 for application & job description.

Automotive JOURNEYMAN TECHNICIAN Prefer Ford experience, but will consider other. Great place to work. Excellent pay and benefits. 401k. Dealer provides ongoing training. Come work for an Award Winning team. **Ask for Doug 707-433-6598, W.C. Sanderson Ford, Healdsburg**

AWESOME FIRST JOB!! Now hiring motivated sharp individuals to work and travel entire USA. Paid training. Transportation, lodging furnished. Call today. 1-877-676-5050

CALLING ALL HOST FAMILIES! If you've hosted an exchange student in the past then why not use your cross-cultural experience to help others? By becoming an ASSE Area Representative, you'll enjoy the rewards of getting to know others in your community and around the world! To find out more, call 1-800-733-2773 or www.ASSE.com/Volunteer

30

LOST & FOUND



I was high tailing it down HWY 253 two miles west of HWY 101. The rain caressing my face, not aware that I was in serious danger of being hit by a car. Luckily for me one of this car stopped and brought me to the Ukiah Shelter at 298 Plant Rd. . I am a male, blue merle Queensland Heeler. If I am yours please come get me or call Sage 467-6453



I was lonely so I wandered into the back yard of some people who live in the 2200 block of S. Dora. I am so young, just 2 months old, that I could not have had all my vaccinations so being on a "walk about" is a dangerous thing for me to have done. Now I am in the Ukiah shelter and have gotten my first set of vaccines and wait for my people to come and find me. I am a male Husky mix. If not found, I can be adopted on 2/1. Call Sage 467-6453

LOST: One best friend since childhood. Name: **TERRY WILSON JR.** If found, please have him contact me via email at: cougarsong@ccountry.net Medford, OR

70 TRAVEL OPPORTUNITIES

120 HELP WANTED

Career Opportunity Fire Extinguisher Service Tech
For well established local business. Exp. or will train right individual that is motivated & a self starter. Commission plus full benefits. **Apply at Ukiah Oxygen** 3470 N. State St. Ukiah

Clerical/ Admin. Assistant P/T-Ukiah. Flex. hrs. App. must have a car, basic computer skills & 3 refs. Starting \$12.50/hr. 15-20 hrs wk. Send resume with refs. to box 03098, c/o Ukiah Daily Journal, PO Box 749, Ukiah, CA 95482



COMMUNITY SERVICE OFFICER City of Healdsburg.
Salary range: \$3258-\$3965 per month, plus excellent benefit package. Performs a variety of assignments in support of the City's Police Department activities. Particular emphasis is placed on parking enforcement, processing and maintaining evidence and property and taking reports. Requires education equivalent to completion of the twelfth grade and a minimum of one year of work experience in a public safety setting requiring public contact skills. Course work in criminal justice is highly desirable. The job announcement listing salary, benefits, qualifications and educational requirements and the city Application can be obtained on our website at www.ci.healdsburg.ca.us or by calling the City of Healdsburg, Personnel Office, 401 Grove Street, Healdsburg, CA 95448. Phone 707-431-3322. Apply by 2/13/08, 5:00 PM. EOE/AA/ADA.

CONTROLLER \$60K -- \$80K for Mendocino Community Health Clinic (MCHC), a N/P federally qualified health ctr w/\$18m budget & multiple sites in Mendo. & Lake Co. Will provide daily management of all acctg functions. Directly supervises staff of 7. Must possess at least B.S. in Business Admin. with a concentration in acctg. w/5yrs+ exp. to incl. supervision. Health Care exp a+! MCHC offers exc. comp/btbs pkg. **For immed. consideration, send resume w/cover ltr. to HR Dept-MCHC 333 Laws Avenue Ukiah, CA 95482 Fax: (707) 468-0793 Email: skenney@mechcinc.org EEOE**
CONTROLLER: ACCOUNTING or FINANCE degree 8+ years experience in Hedge Fund/Management accounting. Established company, competitive salary/benefits. Position resides in Denver, CO. Email resumes: job@madisoncap.com
Cook, **CALIFORNIA CONSERVATION CORPS.** Ukiah \$14.76/hr Call Sue 707-463-2822

120 HELP WANTED

Counselor Tapestry Family Services
Support Counselor to work with children in innovative activity-based after-school program in Ukiah. Great team, excellent benefits. Min. AA degree & experience w/children in mental health or rehab setting. \$18 to \$21/hr. 463-3300 for app packet. **Apply by 2/4/08.**

COURT CLERK, Process court case & various duties. Desired AA degree, paralegal or legal secretary. Call 744-1647 for application & job description.

Coyote Valley Band of Pomo Indians is looking for qualified individual to fill the following position: TRIBAL ADMINISTRATOR
Responsible for the overall administration of tribal operations. Coordinates all tribal service programs and assures implementation of program objectives; supervises and provides direction to tribal personnel; prepares and submits program reports to funding agencies, Tribal Council and General Council; analyzes budgets, time frames, methods and procedures for completing goals and objectives & makes recommendations for administrative improvements.
RESUMES WILL BE ACCEPTED THROUGH 02/15/08
Coyote Valley Tribal Office
7751 N. State Street
PO Box 39
Redwood Valley
FAX: 707-485-1247 or EMAIL cfo@coyotevalley.com

CUSTOMER SUPPORT SparFlex of California is looking for an enthusiastic detailed oriented person for our customer support group. Position helps coordinate incoming orders, tracks order progress and facilitates changes. If you're looking to grow apply at 425-A Kuzler Ranch Rd. Ukiah 462-2963

Data Entry and Analysis Tapestry Family Services
Full time position to analyze MediCal related information and enter data into computer program. Accuracy, strong organizational and computer skills and the ability to focus essential. FT \$15/hour to start. Great Team, excl. benefits. 463-3300, ext 101 for app. **Apply immediately, deadline 2/4/08.**

Dental Assistant/RDA with Xray Lic. Able to work in a fast paced office. Must be motivated. F/T. Competitive sal. & benefits. **Fax resume to 707-463-8632**
DIESEL MECHANIC EXP. Clean DMV, good pay & benefits. 462-7393

GUYS & GALS TRAVEL
Hiring 18-26 sharp people. Free to travel. All major US cities. w/co-ed group. All exp. pd training. Trans furnished. No exp. nec. Ask for Bill 800-580-0336

120 HELP WANTED

Direct Care Work No Experience Needed!!
Morning, evening, graveyard. Drug test required, no test for cannabis, good DMV. Personal care, cooking, cleaning, driving and providing living skills training to adults with developmental disabilities. Three 6 bed group homes, established in 1988. Call for interview 485-5168, 485-0165, 468-0602.

DRIVER-CDL Training \$0 down, financing by Central Refrigerated. Drive for Central, earn up to \$40k+ 1st year! 1-800-587-0029 x4779. www.CentralDrivingJobs.net

Driver: Don't just start your career, start it right. Company sponsored CDL training in 3 weeks. Must be 21. Have CDL? Tuition Reimbursement! wgreen@crst.com 1-800-781-2778.

DRIVERS- Regional Runs! Van & Flatbed. Ask about qualifying for 5 raises in a year! No exp? CDL Training available. Tuition reimbursement. 866-437-9364 www.SwiftTruckingJobs.com

DRIVERS... CALL TODAY! Bonus & Paid Orientation. 36-43 cpm Earn over \$1000 weekly. Excellent Benefits. Class A and 3 months recent OTR required. 800-635-8669.

Eel River Fuels, Inc. of Ukiah has immediate openings for 2 bobtail drivers, full-time w/benefits. Preference is for class A w/endorsements. **Applications are also being accepted for one full time w/benefits position to include A/P, new accounts, inventory and computer proram conversions.**
Apply in person at 3371 N. State, Ukiah

FOSTER PARENT RECRUITER Tapestry Family Services
Foster parent recruitment, training & support. 20hrs/wk. Req. strong comm. PR & org. skills. Great team, exc. bene. Sal neg DOE. 463-3300, ext 101 for app. Apply by 1/31/08

Full Time Caregiver, mental health facility. PT Various shifts **\$8-\$10/hr. 467-0911**
GOVERNMENT Earn up to \$550 weekly helping the government. PT, no exp. needed. Call today! 1-800-488-2921, dept. L

HYGIENIST 2 days week. Competitive pay. Fax resume to 463-8632
Mendocino County, Health & Human Services Agency, Social Services Branch. Currently recruiting for Ukiah:
Account Clerk II For further info go to: www.mss.ca.gov to "Career Opportunities" OR call the Job line: (707) 467-5866. Closes 2/1/08

JANITOR/LAUNDRY WORKER
Responsible for providing Janitorial/Laundry services at the Residential Treatment Campus. Excellent benefits including medical, dental, vision, & tuition reimbursement. Must pass pre-employment physical, drug test and background check.

APPLY AT 915 W. Church St., Ukiah or fax resume to 877-382-7617 www.trinityys.org EOE

LOOKING FOR CDL drivers with 5+ years of experience. Your weekly pay is based on a rising scale of .36-.41 per mile. McKELVEY 1-800-410-6255

MOVIE EXTRAS \$100-\$300/day, all looks, types and ages. TV, FILM, PRINT. 800-340-8404 ext. 2962

120 HELP WANTED

LVN Care Manager Hillside Health Ctr F/T lic. LVN. Competitive sal. DOE great benefits! Fax: 468-0793 skenney@mchcinc.org www.mchcinc.org

LVN Care Manager. Little Lake Health Center-F/T lic LVN. Competitive sal. DOE. Great benefits! Fax: 468-0793 skenney@mchcinc.org www.mchcinc.org

MAKE A DIFFERENCE IN THE LIFE OF A CHILD! JOIN THE TRINITY TEAM!
Trinity Youth Services-Ukiah
A social service agency serving abused & neglected youth in a Residential Treatment Campus is looking for **CHILD CARE WORKERS.** CCW is responsible for the daily care & supervision of clients & living conditions. Swing & Night shifts available. Starting at \$9.40/hr. On-call \$9/hr. Must be 21 yrs old. Excellent benefits, including medical, dental, vision, tuition reimbursement & FREE co-op child care. Must pass pre-employment physical, drug test & background check.
APPLY AT 915 W. Church St. Ukiah or fax resume **877-382-7617** www.trinityys.org EOE

Membership Specialist for Girl Scouts in Ukiah office. Develop & run programs, assist volunteers at events. Must be avail to work flex schedule, including eves & weekends. Full job desc & apply online job #155 at <http://www.girlscouts-norcal.org>. EOE

Metal Shop Forman Exp. in pres. sch. mtl. fab. NC prog. exp. helpful. Duties incl: maint. inventory, MRP, HR, QC, equip. maint., safety. **Resumes to: Two Seas 291 Shell Ln., Willits, CA 95490. Or email customer.service@2seas.com EOE**

Mid size No. CA Commercial Construction Co. needs exp'd PM, Sr. Estim, Project Admin Hospitality multi-family, winery, Lt Indus. EOE, Fax 707 451 8695, hrdept201@yahoo.com

Motivated sales person who is interested in a career with **Cost-U-Less Insurance Center.** No exp. necessary. Bilingual a plus. 707-463-3270. 319 E. Perkins Ukiah, CA 95482

MSSP RN Case Mgr pos.. avail in friendly, team oriented non-profit office, helping frail elders remain at home. PHN or BSN pref. 60% time, excl. ben. 468-9347, 301 S. State, Ukiah EOE

NCIHA is offering a FT position for Construction Dept. Prog Assist. Will compile reports, assures compliance with procurement requirements, assist with unit inspections, assists w/preparation of bid packages and construction contracts. CA drivers license req'd, Indian Preference applies. Mail resume to NCIHA or submit via email: ncihatr@pacific.net by 5:00pm, 2/5/08. Job desc avail @ 694 Pinoleville Dr, Ukiah, 468-1336

Part time LVN Tired of high case loads? Provide support to 6 adults with Devel. Disabilities in their home and supervise staff. Office 485-5168 Cell 489-0022

People to work with developmentally disabled adults one on one in their own home. All Shifts available. **Call Mary 468-9326 or come by & pick up app. at 182 Thomas St. Ukiah**

120 HELP WANTED

POLICE DISPATCHER (Part-time). City of Healdsburg. **Salary range:** \$23.21-\$28.32 per hr. Dispatches police, fire and emergency personnel and performs a variety of general support work in assisting and maintaining police records, reports and files. Requires one year experience in dispatching or three years of clerical experience and education equivalent to completion of high school. Possession of a Public Safety Dispatcher POST Certificate is highly desirable. The job announcement listing qualifications and educational requirements and the city application can be obtained on our website at www.ci.healdsburg.ca.us or by calling the

City of Healdsburg Personnel Office, 401 Grove Street Healdsburg, CA 95448. Phone 707-431-3322. **Apply by 2/6/08, 5:00 PM. EOE/AA/ADA.**

Practice dentistry where your clinical skills can make a difference. Lake County Tribal Health Consortium is seeking a full time general dentist and dental director to join our team in our state-of-the-art dental office. Interested candidates please contact, Maria Vazquez, Human Resources, at mvazquez@lcthc.org. 707 263-8382 ext.184

Prenatal Educators MCHC's Little Lake & Lakeside Health Ctr. seek Prenatal Educators. P/T 1-yr perinatal exp. req. Bilingual a+ Fax: 707-468-0793 skenney@mchcinc.org www.mchcinc.org for job description.

PROGRAM ASSISTANT Tapestry Family Services
Provide support & transportation for children in foster care & after-school program. Exp. working with children. Great team. PT. \$11-\$14/hr start, DOE. 463-3300, ext. 101 for app. Apply by 1/31/08

Rapidly Growing Business looking for mature, detail oriented, organized, self-starter. Sales, phone experience, computer & english skills required. Paid training, competitive wages. Applications @ Dripworks, 190 Sanhedrin Cir, Willits 707-459-6323 mike@dripworksusa.com

Respite/Logistics Coordinator Tapestry Family Services
Office position arranging respite care and transportation for foster children. FT. Requires org. skills, strong communication/PR, computer skills, attention to detail and focus. Great team. \$15/hour start plus excel. benefits. 463-3300, ext. 101 for app. **Apply by 1/31/08.**

SCHOOLS: LVNs & Sign Language Interpreters. In school settings for San Rafael, Napa, & Cloverdale 800-234-7325

SOCIAL WORKER Tapestry Family Services
Social Worker for foster family agency serving children/youth. Grt team, sm caseload. MSW or MS/MA in related field. Clin. Sup avail. FT or PT. \$20 to \$24/hr + exc. bene. 463-3300, ext. 101 for app. **Apply by 1/31/08.**

120 HELP WANTED

SUBSTANCE ABUSE COORDINATOR - Central office, Nice, CA

Native American Cash Assistance Program. For 16 counties in Northern/Central California. FT w/Benefits, salary negotiable. Closing 01/31/2008. Get application & job description at www.ctfp.net or questions contact Jolene Crawford at 707-262-4400 ext 124 Fax to 707-274-8798 Completed resume & application. Indian hiring preference applies.

Supported Living Program needs care workers for persons w/dev. disabilities. P/T. \$9/hr. Must be fingerprinted. **463-8725. EOE**

Team needed for companionship for elderly gentleman. Applicants must have RV to park on site. Position in beautiful Boonville California located in Anderson Valley. Duties include meals, light housework, seasonal outside work including repairs when needed & some local driving. Position is 5 days wk w/two days off. RV site has full hookups & is surrounded by redwoods and oaks and sits next to Anderson Creek.

Interested parties can send request to Companion PO Box 177 Potter Vly, Ca. 95469 for full job description & application.

TLC Child & Family Services seeks 2 additional homes for Shelter Care program

Applicants need to have at least 1 spare bdrm to house a child for up to 30 days. Guaranteed monthly allotment. Generous increase upon placement. Income tax-exempt. Exp. with children req. Parents will receive training, + Social Worker, in-home support & respite. Need 1 or 2-parent homes, with 1 parent home full time. Home with no more than 1 biological child considered. Retirees invited to apply. **Contact TLC 707-463-1100 Lic#236800809**

Ukiah residential childrens facility is looking for caring, responsible individuals to come join our team. Some exp. preferred but not necessary. Will provide on the job training. Starting sal. \$12.12 hr. 403B, great benefits & vacation package. **Fax resume to 463-6957**

140 CHILD CARE
Little Friends Pre-school. F/T & P/T. Opening ages 2-5. Monthly rates between \$185-\$495. 465 Luce Ave. 463-2273

200 SERVICES OFFERED
FINISH CARPENTER 30 yrs exp. Repairs of all types. Michael 459-3534

PRUNING & Winter Gardening Call Jen 485-5363 Salt Hollow Flower Farm

ABSOLUTELY ALL CASH Your Own Local Vending Route. 30 Machines and Candy for \$9,995. MultiVend LLC, 880 Grand Blvd., Deer Park, NY. 1-888-625-2405

210 BUSINESS OPPORT.

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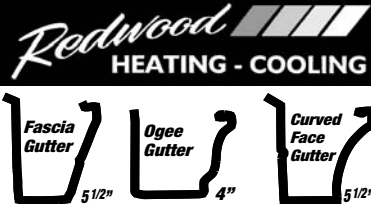


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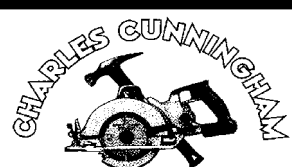


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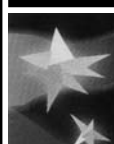
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40°

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Sunset tonight 5:29 p.m.
Moonrise today 12:16 a.m.
Moonset today 10:41 a.m.

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High 43
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Normal low 38
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Precipitation

24 hrs to 2 p.m. Mon. 0.34"
Month to date 10.65"
Normal month to date 7.15"
Season to date 20.28"
Last season to date 10.81"
Normal season to date 21.45"

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City			City		
Today	Hi/Lo/W	Wed.	Today	Hi/Lo/W	Wed.
Anaheim	61/43/pc	61/40/c	Napa	51/40/r	53/30/r
Antioch	50/39/r	52/33/r	Needles	59/39/pc	60/37/pc
Arroyo Grande	56/40/pc	57/29/r	Oakland	52/41/r	54/39/r
Atascadero	53/34/pc	53/30/r	Ontario	57/39/pc	58/38/c
Auburn	46/33/r	47/32/sn	Orange	61/42/pc	61/35/c
Barstow	54/33/pc	53/29/c	Oxnard	56/40/pc	61/39/c
Big Sur	53/38/r	51/40/r	Palm Springs	62/40/pc	58/41/pc
Bishop	46/22/pc	45/17/r	Pasadena	58/40/pc	57/41/c
Blythe	60/38/s	63/37/s	Pomona	59/40/pc	58/33/c
Burbank	58/40/pc	58/39/c	Potter Valley	43/31/r	47/32/r
California City	49/33/pc	48/27/c	Redding	45/33/sn	49/28/r
Carpinteria	55/45/pc	55/37/c	Riverside	56/38/pc	55/36/c
Catalina	55/44/pc	55/44/c	Sacramento	47/39/r	51/33/r
Chico	48/35/r	50/32/r	Salinas	55/41/r	54/36/r
Crescent City	47/39/r	49/40/r	San Bernardino	59/38/pc	57/37/c
Death Valley	58/38/pc	62/28/c	San Diego	60/48/pc	60/45/c
Downey	61/43/pc	60/42/c	San Fernando	56/39/pc	55/38/c
Encinitas	59/47/pc	58/42/c	San Francisco	50/44/r	54/41/r
Escondido	60/40/pc	59/39/c	San Jose	50/40/r	53/36/r
Eureka	48/36/r	49/34/r	San Luis Obispo	56/38/pc	57/34/r
Fort Bragg	48/41/r	50/36/r	San Rafael	51/40/r	52/35/r
Fresno	50/38/pc	50/36/r	Santa Ana	60/43/pc	59/41/c
Gilroy	53/37/r	52/32/r	Santa Barbara	59/37/pc	59/33/c
Indio	64/39/pc	65/36/pc	Santa Cruz	54/39/r	54/37/r
Irvine	60/43/pc	59/41/c	Santa Monica	60/43/pc	61/43/c
Hollywood	58/42/pc	58/42/c	Santa Rosa	50/37/r	55/31/r
Lake Arrowhead	45/25/pc	38/17/c	S. Lake Tahoe	33/13/sn	24/11/sn
Lodi	50/38/c	51/33/r	Stockton	49/39/c	51/33/r
Lompoc	57/41/pc	55/36/r	Tahoe Valley	33/13/sn	24/11/sn
Long Beach	58/42/pc	60/40/c	Torrance	60/44/pc	60/44/c
Los Angeles	60/46/pc	60/43/c	Vacaville	46/39/r	53/33/r
Mammoth	35/12/pc	27/8/sn	Vallejo	51/41/r	53/33/r
Marysville	49/37/r	50/31/r	Van Nuys	58/43/pc	58/38/c
Modesto	49/39/c	51/32/r	Visalia	51/38/pc	49/31/r
Monrovia	59/41/pc	58/40/c	Willits	40/30/r	45/30/r
Monterey	51/42/r	52/38/r	Yosemite Valley	44/24/c	43/18/sn
Morro Bay	51/43/pc	52/39/r	Yreka	38/24/sn	37/24/sn

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Lake Mendocino – Lake level: 733.61 feet; Storage: 62,026 acre-feet (Maximum storage 122,500 acre-feet) Inflow: 612 cfs Outflow: 869 cfs
Air quality – Not available

Bush seeks support on economy and Iraq in final State of Union address to Congress

By **TERENCE HUNT**
AP White House Correspondent

WASHINGTON (AP) — President Bush, standing before Congress one last time, urged the nation Monday night to persevere against gnawing fears of recession and stay patient with the long, grinding war in Iraq. He pressed Congress to quickly pass a plan to rescue the economy.

“We can all see that growth is slowing,” Bush said in a blunt acknowledgment of rising food and gas prices, increasing unemployment and turmoil in the housing and financial markets.

He cautioned against accelerating U.S. troop withdrawals from Iraq, saying that would jeopardize progress achieved over the last year.

“We have unfinished business before us, and the American people expect us to get it done,” Bush declared. It was his final State of the Union address and he faced a hostile, Democratic-led Congress eager for the end of his term next January.

With his approval rating near its all-time low, Bush lacked the political clout to push bold ideas and he didn’t try. He called on lawmakers to urgently approve a \$150 billion plan — worked out with House leaders — to avoid or soften any recession through

tax rebates for families and incentives for businesses to invest in new plants and equipment.

“The actions of the 110th Congress will affect the security and prosperity of our nation long after this session has ended,” the president said.

Senate Democrats want to expand the economic stimulus plan with rebates for senior citizens living off Social Security and extensions of unemployment benefits for the jobless. Bush said those changes “would delay it or derail it and neither option is acceptable.”

He also pushed Congress to extend his tax cuts, which are to expire in 2010, and said allowing them to lapse would mean higher tax bills for 116 million American taxpayers. For those who say they’re willing to pay more, Bush said, “I welcome their enthusiasm, and I am pleased to report that the IRS accepts both checks and money orders.”

Before speaking, Bush turned to shake hands with a smiling House Speaker Nancy Pelosi and Vice President Dick Cheney, seated behind him. Bush’s wife, Laura, and their twin daughters, Barbara and Jenna, sat in a VIP box. His speech lasted 53 minutes, interrupted frequently by applause, most often by Republican lawmakers.

Since the 2003 invasion of Iraq, the war has been a main topic of Bush’s annual addresses to Congress. He said Monday night the buildup of 30,000 U.S. troops and an increase in Iraqi forces “have achieved results few of us could have imagined just one year ago.”

“Some may deny the surge is working,” Bush said, “but among the terrorists there is no doubt. Al-Qaida is on the run in Iraq and this enemy will be defeated.”

Still, Bush said, “The mission in Iraq has been difficult and trying for our nation. But it is in the vital interest of the United States that we succeed.”

He made no commitment about withdrawing additional troops from Iraq, and he said Gen. David Petraeus, the top U.S. general there, has warned that pulling Americans out too quickly could undermine Iraqi forces, allow al-Qaida to regroup and trigger an increase in violence.

“Members of Congress: Having come so far and achieved so much, we must not allow this to happen,” the president said.

Bush said U.S. adversaries in Iraq have been hit hard, though “they are not yet defeated and we can still expect tough fighting ahead.”

There are 158,000 U.S. troops in Iraq, a number that is

expected to drop to 135,000 by July. There are 28,000 in Afghanistan, the highest number of the war, which began there in October 2001. Congress, despite repeated attempts, has been unable to force troop withdrawals or deadlines for pullbacks, and Iraq has receded as an issue in Washington.

Aides had said Bush would not use the address as a summation of his time in office. But he did, turning to the phrase “over the past seven years” when talking about some of the most-prized efforts of his administration: tax relief, federal involvement with religious charities, the global freedom agenda and increased funding for veterans.

He spoke of trust in people — taxpayers, homeowners, medical researchers, doctors and patients, students, workers, energy entrepreneurs and others — to drive their own success and that of the country. The unspoken message: Government isn’t the answer.

“In all we do, we must trust in the ability of free people to make wise decisions, and empower them to improve their lives and their futures,” Bush said.

A major challenge for Bush in his address was simply being heard when many Americans already are looking beyond him to the next

president.

His speech came hours before Florida’s presidential primary election and just eight days before Super Tuesday when voters in more than 20 states go to the polls on the biggest day of the primary campaign. Republicans running for president rarely mention Bush, preferring to focus on conservative hero Ronald Reagan instead.

Before Bush arrived, his would-be successors and their well-wishers clogged the center aisle.

Sen. Barack Obama came first, followed closely by his new patron, Sen. Edward Kennedy. Sen. Hillary Rodham Clinton entered the chamber a few minutes later, equally mobbed by well-wishers. She reached out and shook Kennedy’s hand. Obama, nearby, turned away.

Bush will turn from Monday’s speech and plunge into politics, raising money for Republicans from Wednesday through Friday at events in California, Nevada, Colorado and Missouri, sandwiched around other appearances to tout themes from his speech.

As for the Democrats, Clinton said, “Tonight is a red-letter night in American history. It is the last time George Bush will give the State of the Union. Next year

it will be a Democratic president giving it.”

Delivering the official Democratic response, Kansas Gov. Kathleen Sebelius urged Bush to work with Congress and help the U.S. regain global standing lost because of the war.

“The last five years have cost us dearly — in lives lost, in thousands of wounded warriors whose futures may never be the same, in challenges not met here at home because our resources were committed elsewhere,” she said. “America’s foreign policy has left us with fewer allies and more enemies.”

On two issues that were centerpieces of State of the Union addresses past — Social Security and immigration — Bush passed the buck back to Congress, which had ignored the president’s earlier proposals.

Bush made only one mention of Osama bin Laden, who remains at large more than seven years after the terrorist attacks of Sept. 11, 2001. There was no reference to North Korea. In his 2002 address, Bush caused a stir by warning that Iraq, Iran and North Korea constitute an “axis of evil.” The United States and its allies are pushing North Korea to abandon its nuclear programs.

Ruling

Continued from Page 1

Mendocino County has one of the most liberal interpretations of medical marijuana law in California, allowing those holding a medical marijuana recommendation to grow 25 plants per parcel of land.

State law allows for six mature or 12 immature plants, but allows individual counties to set their own limits.

There is currently an organization working to put a measure on the ballot to repeal Measure G, the measure that

set the 25 plant limit.

John Graff, Executive Director of the Employers Council of Mendocino County, said the council has not taken a position on the ruling because it was made last week.

“It’s something we’ll have to discuss,” Graff said.

At the time of his firing, Ross held a valid medical marijuana card and was using marijuana to treat a back injury sustained during service with the Air Force.

Ragingwire argued that it fired Ross because it feared raids by federal law enforcement. The 1996 Compassionate Use Act legal-

ized the use of marijuana for medical purposes in California but it remains illegal under federal law.

The Drug Enforcement Agency and other federal law enforcement agencies have actively shut down medical marijuana dispensaries in California and charged their owners with felony distribution charges.

Ross argued that employees who use medical marijuana



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should receive the same protections as those who use valid prescription painkillers.

In a dissenting opinion, California Supreme Court Justice Joyce Kennard said the court’s ruling is disrespectful of California law and that

employers should be barred from firing employees for using medical marijuana if they preform their jobs adequately.

According to Americans for Safe Access, a medical marijuana advocacy group,

300,000 Americans use medical marijuana. In addition to California, 11 other states have medical marijuana laws.

Ben Brown can be reached at udjbb@pacific.net, the Associated Press contributed to this report.

Accidents

Continued from Page 1

Richard Licu, 23, also of Windsor at around 12:28 p.m. Sunday.

Doeding was speeding, according to CHP reports, and failed to make a turn. The Suzuki fell more than 150 feet off the roadway and came to rest on its wheels on some boulders partially in the Eel River.

Emergency personnel from Potter Valley and Lake

Pillsbury responded to the scene and extracted Doeding, Licu and their dog from the car. Doeding suffered moderate injuries and Licu suffered major injuries including a fractured right femur, a fractured wrist and head injuries.

Both men were taken to the Ukiah Valley Medical center for treatment

Doeding and Licu were both wearing seat belts at the time of the accident and the Suzuki was equipped for off-road use and had a reinforced roll cage.

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